

Bodhi Tree

BOOKSTORE

ISSUE NUMBER 14

WINTER 1995



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CHOPRA
THE RETURN
OF MERLIN

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NOBLE TOPF
YOU ARE NOT
YOUR ILLNESS

RODGER
KAMENETZ
THE JEW
IN THE LOTUS

THE QUARTERLY BOOKSTORE BY MAIL

8585 Melrose Avenue, West Hollywood, California 90069-5199 • 1-800-825-9798 (outside L.A. County) 310-659-1733

EVENTS

COMING TO THE BODHI TREE

Author Presentations

A monthly event listing is available at our store. If you would like to receive a copy, or be placed on our events mailing list, please write to us or call. We schedule presentations all the time, and many do not make it on to this list.

All author presentations are free, but many workshop events have an entrance fee. Please refer to the text for information on prices and contact numbers where a workshop is listed.

Every featured book at an author presentation is available at a special discounted price (about 20%). If you are unable to attend one of our events, you are welcome to reserve an autographed copy in advance.

DECEMBER

Friday, December 1, 7:30 p.m.

Yudhishtara

Workshop: Free. For info: (310) 828-7950

The enlightened master Poonjaji gifts us with Satsang via his beloved son, Yudhishtara. Awakening is possible for every being regardless of background, practice or personal circumstance.

Saturday, December 2, 4:00 p.m.

Theresa Dale, Ph.D., N.D.

Five Elements

Join Dr. Dale as she plays selections from her new CD, which incorporates the healing elements of Fire, Earth, Metal, Water and Wood with sounds to stimulate or relax the organs and mind. As a Naturopathic Doctor, she combines sound with Chinese medicine, to heal at the heart of the illness.

Saturday, December 2, 7:30 p.m.

Jeanne Elizabeth Blum

Woman, Heal Thyself

An Ancient Healing System Adapted for Contemporary Women

This important new guide introduces a method for women to regulate their menstrual cycles and take control of their health. The key is in 24 little-known pressure points, known as the "Forbidden Pregnancy Points". Blum's lectures includes questions and answers.

Sunday, December 3, 4:00 p.m.

Ralph Blum

The Healing Runes

After his *Book of Runes* became a best-seller, Blum realized that the Runes also help people heal their lives. Whether you're in a 12 step program or in therapy, *The Healing Runes* were designed for those hours in the day when you need encouragement and support.

Sunday, December 3, 7:30 p.m.

Vic Mansfield

Science, Synchronicity and Soul-Making

Mansfield offers new insight into synchronicity, along with Jung's interpretation of its meaning. His simple explanations of quantum physics and the basic tenets of Middle Way Buddhism help to tie these complex concepts together.

Wednesday, December 6, 7:30 p.m.

Chungliang Al Huang

Mentoring

The Tao of Giving and Receiving Wisdom

Based on the ancient Taoist principles of balanced give and take, this new interactive process begins with opening ourselves to both teaching and learning from each other. Huang is author of the best-selling *Embrace Tiger, Return to Mountain* and (with Alan Watts) *Tao: The Watercourse Way*.

Thursday, December 7, 7:00 p.m.

Mervyn Brady

The Western Way to the Soul

Workshop: \$10. For info: (213) 896-5449

Mr. Brady is the director of the Academy of European Arts and Culture, an international school of art, philosophy, and mysticism. For the past 30 years he has gathered the wisdom and secret teachings of the ancient European esoteric schools.

Friday, December 8, 7:30 p.m.

Wayne Chandler

Ancient Futures

Workshop: \$10. For info: (213) 733-5350

Chandler compares the ancient literature of India, Egypt and Mesopotamia with the findings of contemporary science to examine the future of humanity. Tonight he explores the South Asian science of the Mantavara, the Egyptian "Great Year," and the Akkadian "Tablet of Destiny".

Saturday, December 9, 4:00 p.m.

Mindy Machat

Singing for Your Soul

Workshop: \$15 advance, \$20 door. Info: (310) 822-5338

Meditations, techniques of vocalizing, the elements of breathing properly — the right teacher will help you grasp all these fundamentals of making a beautiful sound. Machat's techniques get you there fast, and a concert of original songs follows the class.

Saturday, December 9, 7:30 p.m.

Sylvia Boorstein

It's Easier Than You Think

The Buddhist Way to Happiness

Psychotherapist and retreat leader Boorstein says suffering is a state of mind, and we all can find happiness. Meditation, mindfulness, and non-attachment aren't only for monks, they're for real people too. She uses stories from everyday life to illustrate her point.

Sunday, December 10, 4:00 p.m.

Peter Cashorali

Fairy Tales

Traditional Stories Retold for Gay Men

Drawing upon traditional sources like the Brothers Grimm and Hans Christian Anderson, master storyteller Peter Cashorali weaves magical tales for gay men and their friends. These witty, poignant "teaching tales" touch upon contemporary issues — coming out, AIDS, grief, finding lasting love — and all that affects gay men today.

Tuesday, December 12, 7:00 p.m.

Nancy Plochman & Randall Hayward

On the Sacred Path: Initiates and Initiations

Workshop: \$10. For info: (310) 390-8725

Learn how spiritual explorers from all parts of the world have walked the initiate's path, what

they encountered there, and how the various teachings have relevance for us today. Hayward and Plochman use storytelling, ritual, movement and celebration to introduce a universal journey.

Thursday, December 14, 7:30 p.m.

Robert Ellwood

The Way of Wonder: Theosophy for Today's World

Workshop (donations accepted): For info: (818) 798-0409

A Professor of Religion at USC introduces Theosophy and its teachings in the context of contemporary spirituality. In addition to heading the L. A. chapter of the Theosophical Society, he's authored *Theosophy: A Modern Expression of the Wisdom of the Ages*, *Finding the Quiet Mind*, and *Theosophy*.

Saturday, December 16, 7:00 p.m.

Krishnamurti Foundation Discussion Group

Workshop (donations accepted): For info: (805) 646-2726

In honor of the 100th anniversary of Krishnamurti's birth, video and dialogue meetings will be held by the Foundation on the 3rd Saturday of every month, in the Bodhi Tree Annex, until the end of 1995.

JANUARY

Saturdays, 10 a.m. - 12 noon. begins 1/6/96

Roger Weir

Ecumene

A Two Year Educational Cycle

Workshop: \$25.00 per class. For info: (213) 669-7357

Based on traditional wisdom school patterns, *Ecumene* takes the entire planetary heritage as its field of inquiry. This education is a complete cycle, one that spirals into individual modification, rather than circular ideology.

Thursday, January 11, 7:30 p.m.

Sonia Choquette

The Psychic Pathway

A Workbook for Reawakening the Voice of Your Soul

Choquette has developed a 12 week program to help you nurture your own psychic gifts. Learn how to identify and use the chakras, work with the impact of others, and keep a journal of coincidence and synchronicity.

Friday, January 12, 7:30 p.m.

Yudhishtara

Free workshop: See December 1 for details.

Saturday, January 13, 7:30 p.m.

Andrew Harvey

The Return of Mother (an audiotape)

Mystical scholar Andrew Harvey exposes the distortions in religious history that have obscured recognition of the Divine Mother and shows how we can return this vital element to our spiritual lives.

Sunday, January 14, 4:00 p.m.

Marie Bauer Hall

Virgin Love Truth

Free workshop: For info: (714) 852-6273

The widow of Manly P. Hall, founder of the Philosophical Research Society, is an outspoken and well-informed lecturer on a host of esoteric topics.

Thursday, January 18, 7:30 p.m.

Llewellyn Vaughn-Lee, Ph.D.

Sufism

The Transformation of the Heart

Vaughn-Lee's latest book outlines the basic principles, history and Western evolution of Sufism. He has followed the Naqshbandi Sufi path since the age of 19. His books include *The Lover and the Serpent*, *The Call and the Echo*, and *The Bond and the Beloved*.

Friday, January 19, 7:30 p.m.

Tim Wheeler

The Healing Voice

Workshop: \$20. For info: (818) 382-6610

A Grammy nominated vocalist leads participants through a process incorporating toning and Tibetan chanting.

Saturday, January 20, 4:00 p.m.

Lynn Andrews

Dark Sister

A Sorcerer's Love Story

Andrews's new novel is a provocative exploration of the dark side of women's spirituality. Sin Corazon, a new initiate, is banished from the Sisterhood in order to face the lessons of her dark side, and Andrews confronts evil in all our lives.

Sunday, January 21, 7:30 p.m.

Ed Buryn

The William Blake Tarot

Buryn is an award-winning photographer, and his wife Mary K. Greer is a Tarot author and teacher. They will introduce their unique and beautiful deck which illuminates the "Soul's Journey."

Wednesday, January 24, 7:30 p.m.

John Fox

Finding What You Didn't Lose

Expressing Your Truth & Creativity Through Poem-Making

By including passages from such thinkers as Allen Ginsburg, Thomas Merton and Rilke, Fox invites us to write poetry just for the love of creation. Whether your aim is to express yourself privately or find a public forum, this guide will show you the way.

Thursday, January 25, 7:30 p.m.

Dr. Elisa Lottor

Workshop: Take Control of Your Own Menopause

Workshop: \$10. For info: (310) 289-5655

Dr. Lottor is a certified Nutritionist and Homeopath who addresses the symptoms of menopause in a safe and natural way. She'll discuss supplements, Hormone Replacement Therapy, depression, weight gain, hot flashes, osteoporosis and more.

Sunday, January 28, 4:00 p.m.

Laurel Ann Bogen, Doraine Portetz

& David Tress

Sacred Poetry

Two established L.A. Poets and a well-known actor will read sacred and spiritual poetry from a variety of traditions and eras. You'll hear from the Pagans, the Sufis, Hindus, Zen masters, Native American shamans, contemporary writers — and from the readers' own work.

Tuesday, January 30, 7:30 p.m.

Judith Cornell, Ph.D.

Mandala

Luminous Symbols for Healing

In this glossy, award-winning art book, noted workshop facilitator and artist Dr. Judith Cornell shows readers how to use the sacred mandala symbol as a self-transformative tool that manifests and enhances spiritual consciousness.

Wednesday, February 7, 7:30 p.m.

Richard Houck

The Astrology of Death

This critically acclaimed book is described as the first dedicated to the exact timing of death, and what death reveals. Blending Hindu astrology with Western techniques, Houck's fascinating book tackles a subject most people avoid.

Sunday, February 18, 7:30 p.m.

Foreshock

Independent Bookstores, Independent Voices

From January 14 to February 25, fourteen independent bookstores including Midnight Special, Book Soup and Beyond Baroque will present readings of a new book of poetry by L.A. writers. The Bodhi Tree is proud to be a part of this special series, and the evening will feature 4 or 5 poets and surprise guests. No society can sustain itself without the voices of all of its people, and it's the independents, with your support, that keep this spirit alive.

Where To Park Near the Bodhi Tree Bookstore

Dear Friends of the Bodhi Tree,

One of the most common problems of life in Los Angeles is finding a parking place. Like many areas of Los Angeles, the Bodhi Tree has gradually been surrounded by restricted permit parking areas that reserve street parking—in whole or in part—for neighborhood residents only. This has made parking near our store a bit more challenging than we wish. Even with the loss of parking, adequate parking exists most of the time. Here is a guide that we hope will make it easier for you to park and help you avoid getting a parking ticket. **Park cautiously** and feel free to ask us where and when you may park.

WHERE YOU CAN ALWAYS PARK:

The Bodhi Tree has three off-street parking spaces near the front of the Used Book Store Westbourne Drive.

Parking Meters: You may park wherever there is a parking meter (this includes Melrose Ave. and on side streets as well). You must pay the meter from 9:00 a.m.—6:00 p.m. The meters are free after 6:00 p.m. and all day Sundays.

WHERE YOU CAN PARK MOST OF THE TIME:

The side streets south of Melrose—west side: 2 hour free parking is available on the west side of the side streets south of Melrose

(towards the Beverly Center) Monday through Saturday from 7:00 a.m. to 7:00 p.m. After 7:00 p.m. there is no parking in this area, nor all day Sunday.

The Pacific Design Center: The nearest parking lot is at the Pacific Design Center at the corner of Melrose Ave. and San Vicente Blvd., just 1 1/2 blocks west of the Bodhi Tree. The hours are 6:00 a.m. to 10:00 p.m. Monday through Friday. The rate on weekdays is \$1.00 every 20 minutes with a maximum of \$6.00. **If you enter after 5:00 p.m. there is a flat rate of \$2.25.** On Saturday and Sunday, parking is available all day until 3:00 a.m. for the flat rate of \$2.25. Occasionally, the attendant isn't there and it's free!

WHERE YOU CAN NEVER PARK:

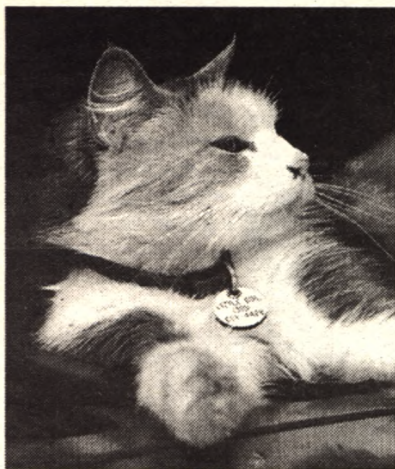
The side streets north of Melrose: No parking is allowed at any time in the area north of Melrose (towards Santa Monica Blvd.), except at parking meters.

The side streets south of Melrose—east side: The area south of Melrose is a different permit area with different rules. There is no parking here at any time on the east side of the street. Parking is allowed at times on the west side of the street.

(see *Where You Can Park Most of the Time*)

Please don't be discouraged—there's usually enough parking most of the time in the areas listed above.

BODHI TREE CAT



Little Girl



Bodhi Tree Bookstore

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From time to time we make our mailing list available to select organizations and companies. If you are currently on our mailing list and would not like your name made available to any other organization or company, please send us the mailing label from this issue or write your name and address on a piece of paper and send it to: Bodhi Tree Bookstore Quarterly Dept. RMN 8585 Melrose Avenue West Hollywood, CA 90069-5199

INTRODUCTION

Some of our strongest memories are of transformative stories we read ages ago. Most of us have never lost our love for a robust tale full of atmosphere and meaning. Do you remember Marie Corelli or more recently, Lobsang Rampa? What about the giants Herman Hesse and Thomas Mann or the beautifully strange Kafka? Or Camus and Aldous Huxley? We are still transported into strange worlds by the fiction of Ursula Le Guin, Frank Herbert, and Ray Bradbury. We continue to savor the work of J. R. R. Tolkien. It's amazing. The list of authors seems unending. Stories must be the spice of life. In addition, we appreciate the natural affinity between listening and the telling of stories as a means to share our thoughts and experiences. It is such a wonderful way to form a warm, loving community. And where would we be without our libraries and bookstores?

Since the phenomenal popularity of the *Celestine Prophecy*, many metaphysical and religious authors are publishing novels. Lynn Andrews has a new book called *The Dark Sister*, an intriguing fable about "Sin Corazon" who represents the shadow side of female spirituality. It is in our *Native American Traditions* section. From the imaginative mind of Dan Millman comes a transformative story about his relationship with a wise woman of the hills. It is called *The Laws of Spirit* and is reviewed in our *New Age Philosophy* section. Similarly, Ken Roberts, an acclaimed financial guru, gives us *A Rich Man's Secret*, a parable about a modern-day Everyman searching for his right place in the world. It is reviewed in the *Mental Science* section. From Frederick Lenz (formally known as Zen Master Rama) we have *Surfing the Himalayas*, an adventure story about snow surfing and Tantric Buddhism (see the *Fiction* section). And, of course, there is *The Return of Merlin* by Deepak Chopra, which is one of our feature presentations. By the way, a new book by Dr. Chopra — that is linked thematically to *The Return of Merlin* and *The Seven Spiritual Laws of Success* — is due in January, 1996. It is called *The Way of the Wizard* and a prior to publication review appears in our *New Age Philosophy* section. Dr. Chopra's other new book, *Creating Health: How to Wake Up to the Body's Intelligence*, is reviewed in the *Ayurveda* section.

We have long believed in the importance of cultural, racial, and religious diversity, and we have noticed that this theme is being taken up by more and more writers. In our feature presentation by Rodger Kamenetz, *The Jew In The Lotus*, he addresses an historic meeting between orthodox Jewish leaders and the Dalai Lama who discuss the link between Buddhism and Judaism (find out about what Kamenetz calls the Oy Vey School of Buddhism). Then, in *Thoughts On The East*, Thomas Merton, a Catholic, writes about Eastern religion and practice (reviewed in the *Eastern Tradition* section). And from the revered teacher Thich Nhat Hanh, we have *Living Buddha, Living Christ*, a discussion of the relationship between Christianity and Buddhism (reviewed in the *Zen Buddhism* section).

At last we can celebrate the arrival of several long awaited paperback editions of popular books. One that we have all been waiting for is *Women Who Run With The Wolves* by Clarissa Pinkola Estes (*Women's* section), *Mutant Message Down Under* by Marlo Morgan (*Fiction* section), and *Illuminata: A Return To Prayer* by Marianne Williamson (*Course In Miracles* section).

Please do not hesitate to write us about what you like or dislike about our *Quarterly Bookstore by Mail*. As in previous editions, we have marked books that especially interested us by the notation "Editor's Choice." In a way, all the books we present here are "Editor's Choices," because we have selected what we think are the best or most important 180 of the 600 or so new titles we've received in the last three months. We hope they bring you joy. We do realize that our choices can be arbitrary, so we strongly suggest you check out all those that did not make our list as well as the over thirty thousand other titles we stock!

We welcome a new addition to our extended family. Store Manager Marc Labinger and his wife Kim gave birth to their second child, Eli Aaron Dodgson Labinger, on Tuesday, November 7, at 9:12 am. He weighed in at 6 pounds 6 ounces and is 21 inches long. Baby brother Cooper, three years old, is also doing well.

The local business community continues to improve but it is certainly not robust. For the Bodhi Tree, we have seen the arrival of yet another superstore in the area and we now have three superstores within one mile of us. These stores, in having the amenities for which good independent bookstores have been noted, are formidable competitors. We are doing our best to continue to provide the best *spiritual* bookstore possible, complete with a wide selection and a committed, friendly staff. We are working on improving parking by introducing validated parking. In addition, the City of West Hollywood has a project to increase the number of parking spaces on Melrose (near the store) by 43 spaces! We are also working on ideas to increase shelf space and store accessibility through the use of our new building, the Bodhi Tree Annex. And our events program continues to grow. We feature author presentations and workshops nearly every day in our Annex building, which comfortably seats over 60 people. We are keeping up with the "on-line" and we hope to get into cyberspace soon.

The Christmas holiday is nearly here and the New Year just behind it. Imagine! 1996 is nearly here and the beginning of a new millennium is only four years away!

Happy Holiday and a bountiful and peaceful New Year. Thank you very much for being our customers. We truly appreciate your patronage and friendship. Good reading and may the power be with you!

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On the cover:
The Hermit by Taylor McCall. From the *The Major Arcana of the Tarot As Described by P. D. Ouspensky*, an original silk-screen folio, limited to 150 copies, signed and numbered by the artist, and produced in 1974 by Bocaccio Press of Santa Fe, New Mexico.

The Return of

Merlin

DEEPAK CHOPRA



In July, a capacity crowd at the Bodhi Tree Annex welcomed the ever-popular Deepak Chopra, who introduced his first novel. Not content to rest on the laurels of such best-sellers as *Ageless Body, Timeless Mind* and *The Seven Spiritual Laws of Success*, Chopra has indeed turned to fiction. Fiction, he says, compels the writer to be more clear about *truth*, because this is the medium in which we must really reveal ourselves. Here is an edited version of his address:

As I look back over the last fifteen years at my own spiritual journey, I see that it has unfolded in a very sequential manner. My own quest started with a simple desire — to quit smoking. And now I find that I'm looking for God. And once in a while I have glimpses of her. I started in a place where I felt very insecure and uncomfortable about who I was. Then I went through a phase where I became very sure of myself and what the truth was. Now I'm back in a place of slight confusion. It's a good place to be.

Vaclav Havel, the founding president of Czechoslovakia once said, "seek the company of those who are looking for

the truth but flee from those who have found it." So, I hope you're not here because you think you'll find the truth today.

Nietzsche, the great German philosopher once said, "you must have chaos within you to give birth to a dancing star." It is in that turbulence, in that chaos, that one finds the seeds of creativity.

And T.S. Elliot said, "the end of our exploring is to arrive where we started from and know the place for the first time." Over the years my interest has been mainly in the notion that the mind and body are inseparable, that the two are exactly different expressions of the same field. Now my

interest is in the existence of the human soul.

In truth, I'm not my thoughts and feelings and emotions, nor am I my body — the molecules of my body change at least once a year. So these things happen to me, they come and go. I'm not even the experience of the world, which also changes.

I'm the experienter. I'm the timeless factor in the midst of every time bound experience. All experience has a beginning, a middle and an ending. This lecture is an experience. After this lecture, we'll go our separate ways, but there's a factor here which will remain unchanged. That's the experienter; only the experience changes.

Every religious tradition has called this animating force of life the soul. But if you go to a scientist and tell him you have a soul, he'll say, "I'd like to believe that, but where is it?" In fact, in the last century some scientists would go to the extraordinary measure of weighing a person just before the person died and then they'd weigh them immediately afterwards to see if something left. And since they couldn't find any difference in the weight they at least came to one good conclusion. If we do have a soul, it probably doesn't weigh anything.

In our own century Dr. Wilder Penfield, a neurosurgeon and neuroscientist actually won the Nobel prize for elucidating the mechanisms of motor and sensory control; how the body and brain are connected.

One day, while Dr. Penfield was examining a patient, he stimulated a part of the brain called the motor cortex. As he did so, the patient's arms started moving up because he was stimulating that part of the brain that causes that movement. He asked the patient what's happening and the patient said, "my arm is moving up." And Dr. Penfield asked; "Are you moving your arm?" And the patient said, "No, my arm is moving up."

Then Dr. Penfield said to the patient, "Even as I stimulate your brain, why don't you decide not to let your arm go up, move it somewhere else." Instead of letting the arm go up, the patient moved it around in a circle. So Dr. Penfield came to an astounding conclusion. He said "the brain is telling the body to go one way, but there's *somebody* who's telling the brain, "I'm not going to let you do that — I'm going to move it another way."

This third entity, this thinker of the thought, this choice maker that can override the commands of the brain to the body must be the soul. In every moment of our lives we are

confronted with an infinity of choices. Right now I have made the choice to give you this lecture, but I could stand on my head, I could make a phone call, or I could go and buy ice cream. I have an infinity of choices available to me in every moment of my life.

The essential me is also making interpretations of what's happening to me. And this me, the interpreter, cannot be found in the brain or the body.

I'm not my thoughts, I'm the one who's having thoughts. With all the technology today, you still can't find me in this body. You can measure the effects of a flicker of an intention a micro-second after I have it, but you still won't be able to find the intention, the motivator, this person inside. I'm not really here.

If you look at serious spiritual texts like the *Kabbalah* in the Jewish Tradition or the *Vedas* in Hinduism or Buddhist philosophy, you'll find statements like "You are in this world but not of it." What does that mean? Imagine listening to Beethoven on the radio and tearing the radio apart hoping to find Beethoven inside. Of course you won't find him, because he's not there. The radio traps a non-local field of information and energy and creates a space time event out of it. And a space time event is an event that has a location in space and has moments in time.

It has a beginning, a middle and an ending. My body is a space time event. It occupies different locations in space and it has moments in time. Once this body was just a speck of information on DNA and people added food to it... and now I have this thing which goes around giving lectures and signing books. But it's just a space time event. The real me is a non-local field of information and energy. More than that, it's a non-local-field of intelligence.

Information that's alive is intelligence. It is information that has a self referral feedback loop. It feeds back upon itself and influences it's own evolution. It learns through memory and through experience. If you say, "Where the heck is this non-local field of intelligence, if it's not in the body?" Well, that's the wrong question. As soon as you say *where*, you imply location and space to something that doesn't occupy space. You imply moments in time to something that's timeless — eternal, ineffable and abstract — even if it is real.

When Krishna talks about the soul in the *Bhagavada Gita*, he says, "Water cannot wet it, wind cannot dry it, weapons cannot cleave it, fire cannot burn it, because it's ancient, it's unborn and it can never die"

We confuse ourselves with the roles we are playing. Yet it's our destiny to play an infinity of roles which are motivated by an abstract field of intelligence.

My book *Merlin* is about this field of intelligence: the soul. It's who you really are. Once you've glimpsed your soul, you set off on a journey and there's no going back, like a child that is born cannot return to the womb. It gives you access to states of awareness that are beyond ordinary waking, dreaming and sleeping.

Unfortunately, most people's lives are caught up in trivialities. And as a result of the superfluous stuff that occupies our attention, we squeeze the gap between our thoughts, which is the connecting link to the soul.

It is only by glimpsing the soul that we see that reality without consciousness is just a radically ambiguous and ceaselessly flowing quantum soup. It is our consciousness that takes that quantum soup and decodes it into experience, both material and otherwise.

Transcendental consciousness — or glimpsing the soul — is the fourth state of consciousness. When we begin to experience our souls in the little spaces between our thoughts, then we begin to experience meaningful coincidence in synchronicity. We have an intention and somehow that intention seems to orchestrate an infinity of space time events in order to fulfill itself.

Then, as we carry the consciousness of spirit wherever we go, we enter the fifth stage of consciousness. Now we experience the soul and spirit in the field of matter. When we carry the experience of eternity in the field of time, we realize that time is nothing more than a tiny punctuation point in eternity. Many people who have had near death experiences will tell you that.

Guatama, the founder of Buddhism said, "This lifetime of ours is as transient as autumn clouds: to watch the birth and death of being is like looking at the movements of a dance; a lifetime is like a flash of lightening in the sky." As we begin to see that, we begin to peel the layers of our souls and we discover that we are really ancient beings from ancient places and ancient times. That's when miracles open up to us because we no longer see things in the con-

"God is the infinite possibilities in your own voice, echoing off your own intention that can create anything out of eternal, infinite possibility."

text of time but in eternity.

Time is nothing but quantified eternity and mortality is nothing but quantified immortality. And cosmic consciousness is the simultaneity of local and non-local awareness. All the great religions speak of the state of God Consciousness or Divine Consciousness, where the same animating force is seen in the objects of our perception. Not only do we carry the awareness of our spirit wherever we go in the field of space, time and matter but we see that the same animating force is bubbling everywhere we go.

A great Indian poet said, "the same stream of light that runs through my veins, runs through the world and dances in rhythmic measure. It is the same light that shoots in joy through the dust of the earth into numerous blades of grass and tumultuous waves of flowers. It is the same life that is rocked in the ocean cradle of birth and death in ebb and flow. And my pride is from the life throb of ages dancing in my blood at this moment." We too can begin to experience such ecstasy.

Ecstasy is a primordial energy which occurs when you begin to see divinity wherever you go. If you cannot see God in a flower or a child or in another human being, you're not going to find God in a book or religion. Once you begin to experience the miraculous in your life — like meaningful coincidence and synchronicity — you almost expect it to happen, and you're never disappointed. You go beyond that to the final state of consciousness which is called *unity consciousness*, where the spirit here merges with the spirit everywhere.

The Return of Merlin

By Deepak Chopra

\$18.48 until Jan. 1, 1996. (\$24.00 list) 448 pp. cloth.

ISBN 0517598493. Harmony.



Did he do it? Did the best-selling author and expert in Mind/Body Health successfully manage a novel? The answer is Yes. Not only does Chopra prove himself to be a natural-born storyteller, but his book reverberates with the spiritual themes and insights that have made this author such essential reading. With each new chapter and intriguing plot twist, we are transported to a world of despair and decay. In this modern day fable set in twentieth century England, we discover a mysterious murder, a stone with a cryptic message, a dazzling sword, forbidden lust, an eternal love story, and an irresistibly imaginative, page-turning adventure. And while we are steeped in this entertainment, we are also encountering a miracle of life: that the wizard resides deep with us, and that we can reclaim the field of pure knowledge to bring a new world into reality.

So the universe itself becomes your body. For example, in Judaism, Abraham becomes the primordial human experience. He is the experiential knowledge of the immortality of the soul. And as that knowledge wakes up within you, then the wizard blossoms as well. Merlin is not a person, but the symbolic expression of the spirit that is awakened when you go beyond the ghost filled attics of your own mind. You have to go *beyond* normal human experience, which is full of ambiguity.

The great Sufi, Rumi, was once asked, "Who are you?" and he replied, "If you try and label me with your definitions then you starve yourself of yourself. Nail me down in a coffin with cold words and that coffin is your coffin because I do not know who I am. I am an astounding, lucid confusion. I'm your own voice echoing off the walls of God."

God is the infinite possibilities in your own voice, echoing off your own intention that can create anything out of eternal, infinite possibility. This may seem like intellectual knowledge, but it is actually experiential knowledge. And I think fiction is a good medium to bring some insights to it.

The Return of Merlin takes place in contemporary England. A murder has taken place and some children — who represent innocence — find a sword, a stone, and a battered cup. The sword represents the power of the spirit and the power of the ego, both the false and the real. The stone represents knowledge, which has infinite organizing power. The cup represents the grave.

These artifacts spark awareness in the characters and a series of events begin to unfold, that take them into ancient places and ancient times. Arthur, Guinevere, Lancelot, Galahad and Merlin all represent archetypal energies that we all have access to. If you look inside yourself, you'll find that there are many people competing for the same body.

We are a conglomeration of archetypal energy states. We have impulses of lust at the same time as we exult the spirit. There's always the divine and the diabolical. There's always the sinner and the saint, the sacred and the profane. Only when you can comfortably embrace all the components of yourself — including your dark side — are you ready to face reality. Without doing that you'll just be another self righteous person. But when you're comfortable with it all then you'll see that even the criminals, the deluded dreamers and the misfits of our society are nothing other than the projection of our collective dark side. It will make you much more tolerant and much more forgiving. It will make you more loving.

The journey is ultimately one of love after all. And love is more than mere sentiment or romance. It includes those things, but it is *life* in all its expression. As *Merlin* unfolds, in the end this is a story about love.

Rumi said, "wherever you go and whatever you do, be a passionate lover. And then if you have possessed love, you will be a lover at the moment of death, you will be a lover in the tomb, you will be a lover on the day of resurrection, a lover in paradise and forever. And if you have not been a lover, then count not your life as having been lived. On the day of reckoning, it will not be counted. It's not a day of judgment or punishment, it just won't be counted."

Merlin is about the experience of unity consciousness and love as the ultimate truth of the heart of creation. It's about the coherent, collective mass of consciousness, because we are all like ripples in the vast ocean of consciousness. And because we are part of the ocean, when we are sick or upset we disrupt cosmic harmony. In a sense, it is our duty to remain in a state of ecstasy. Because when we lose it, we seek substitutes for it in the form of addictive behavior.

Addictive behavior is nothing but a second class substitute for that primordial energy state which can only be called the exultation of spirit. And as we go back to it, we go back to the place that we started from. Then addictive behaviors are automatically overshadowed. Addiction is nothing but the search for something that has been ours forever and has been ours always.

Right now *The Return of Merlin* is the best that I have. It's the best of my expression. *The Seven Spiritual Laws of Success* was like opening the doors to a mansion, but this is what happens once you get inside. If you're going to read this book, I'd be very grateful if you would read it three times. First read the story. Then read the key to Merlin. And then go back at the story, look at the archetypal energies and see how they are reflected in the hologram of you. Then begin to live that mystery. Life is full of mystery and magic and the miraculous and the wondrous. And when we have flashes of wonder, that's when we experience the world of the wizard. ■

You Are Not Your Illness



■ Linda Noble Topf

*"What this book
will show you is
a blueprint for finding
the meaning
in life's challenges."*

Most of us live as though now will continue forever. Life however, seems to be full of little tricks. Often injury or illness bowls us over and completely interrupts what we expect for our lives. We can never learn enough about how to live fully no matter what our life's path turns out to be. Linda Noble Topf, who has lived with multiple sclerosis for most of her life, came to the Bodhi Tree in September to tell us about what she discovered through her illness. Her experience can empower us to live fully no matter how the fickle finger of fate may disrupt our plans. Her book is not a "how-to" book but a message of hope and inspiration. Linda Noble Topf is a unique teacher with a special message to benefit all of us, both able bodied and not. What follows is an edited version of her presentation.

Linda Noble Topf begins her discussion with an inquiry about what has brought the audience to her presentation. Here are some responses:

I have been dealing with chronic fatigue and illness for a long time and in working with it I don't understand if my failure is my fault or my body's. Am I doing something wrong?

I've been dealing with lifelong depression and suicidal tendencies that I've have been treating with medication. I want to find other ways of doing it.

I've been diagnosed with major depression but I don't really buy that label. Somebody told me we create our own illness and now I feel guilty. I'm just fighting it all the way but I'm not strong enough to have a job. How do I reach out and accept myself without feeling guilty about where I'm at? And I'm so afraid that it's all in my mind.

We are all dealing with the same thing. We are concerned with depression, chronic fatigue, MS, and guilt that we may have done something to deserve our illness. Who are we if we're not our aches and pains, our complaints and judgments, and our anger and guilt. Who are we?

I don't have the answer. I have a process that I went through and continue to go through. It's a never ending process for me. But what I've discovered are the tools to empower and uplift me and yank me out rather than collapse me.

In my book it says, "it takes great courage to accept love and forgive the parts of us that are stubborn; to change and to choose a new direction. It's the oneness of our purpose that serves the greater good." Each time we consciously choose to grow ourselves up, to expand or wake up, we are claiming a lost asset of ourselves. *You Are Not Your Illness* is designed to inspire us and point us back to ourselves through spiritual principles that we all know. We know them as honesty, acceptance, observation, compassion, cooperation and faith. We all know that. But when we slap

an illness or injury on it, what happens to our compassion and to our love for ourselves? Then we have to dig for it, or take medication, or we have to reach out to somebody. When we get ill or have an injury, where do we go for guidance? We go to our husbands, wives, parents, friends and doctors. But you also have to go to yourself.

Acceptance of what has happened to us is the first step to overcoming the consequences of any misfortune. It's been my experience that by applying these principles of feeling and renewal, we begin to look at what we have and we see life from a different, more compassionate perspective. I know how to be critical and punish myself but that's a lower path. I don't choose to do that anymore. What this book will show you is a blueprint for finding the meaning in life's challenges.

Life's challenges could be injury, getting older, having a common cold, or surviving cancer. But I want to learn practical yet spiritual approaches for dealing with life and living successfully with an illness. I don't want to just cope until there's a cure — then I can live. We need to empower ourselves to live right now, present time, in a full spiritual perspective.

My book makes the point that real feelings have very little to do with the body. I write about loving and accepting yourself the way you are. I write about loving compassion and how to develop and empower yourself with it when an illness embraces you.

Another quote from the book is, "There's no good arguing with the inevitable. The only sensible response to an east wind is to put on your overcoat." That's from my husband James Noble.

And now I want to hear from you. How have you developed the skills to empower yourself and deal with your life? How have you approached the challenge of living an empowered life? How do you manage to live with self acceptance, compassion, forgiveness and dignity?

I have an illness and I have to live with it but I'm wondering how to deal with complacency. You don't want to get to the point where you love your illness or do you?

I want to know how you empower yourself because of it, not in spite of it. How do you strengthen your character because of it? Perhaps its about finding out what's in your heart and living from there. I read an article recently about Timothy Leary, who is dying of prostate cancer. Apparently the news thrilled him. He said, "How I live is now the most important thing I can ever do yet how I die is even more important because it's the exit, it's the final scene of the glorious epic of my life. Now I can start empowering myself".

My definition of honesty means letting go of illusion and pretense and judgment. It's having the courage to face life exactly as it is right now, whether it's chronic fatigue, no money, injury, or MS.

"As you walk on the street you will find the testing ground all the time. We have to rededicate ourselves to the quality of our lives, one moment at a time."

For months work was terrifying to me. I got suicidal. I can't face an intimate relationship. To be honest, I'd say that makes me angry. Is it my fault because I'm not mature enough to handle a relationship?

I hear a mask called honesty. It seems that your self-judgment is more of the illness than what you call your disability. But I'm glad you're here because you've put yourself on the line to start the process of unveiling what is actually there. You're starting a process that could end in acceptance, that could move on to compassion for yourself. So I congratulate you for being here.

It's terribly difficult to accept life as it is. But to be honest is also to accept the dark side of ourselves, the part that we don't want to look at. It's how we are in the moment and that's not always pretty. In fact it's scary. But when we have an illness, an injury, or a relationship that didn't work out, where else do we find our loving, nurturing and compassion?

I just got back from visiting the Mideast. I never thought that I would do the whole thing in a wheel chair. I thought I was going to sail on the Nile and walk and wrap scarves around me and do this trip gracefully. But I had to be ruthlessly honest with myself, that no, I can't do it that way. I needed five Egyptians to lift my wheelchair so that I could be carried over the sand and cobblestones. The honest part of it was I had to accept myself and let go of what they might think or say. Sometimes three people had to help me to the bathroom because I can't stand.

This is the kind of honesty I'm talking about, to move into the love and compassion. And the trip was wonderful because I let go of the illusions of how I thought it might be or should've been or could've been if I was standing. That's the principle of uncovering that "you are not your illness", that we are not merely our bodies. How do we learn these skills? How do we even know where to find these skills and develop them?

Bernie Siegel, in his wonderful wisdom, said to me, "Linda, I don't know. I know patients who know, but I don't have the answer." I think that people who have ill-

ness, especially AIDS, cancer, MS and depression are perhaps the ones to lead the way. We've been given a special privilege to see the truth, to be honest about ourselves, to see how we can live a life that is not based on illusions, or the way it should've been or could've been. Rather than see ourselves as a failure, we could see ourselves fully engaged in life and we could build on that rather than compare ourselves to other or previous selves. It's time to lift up.

It takes a tremendous amount of courage to deal with what we're dealing with, no matter what the thing is. We always have to keep our focus on the loving and on the gifts of the human spirit of the heart. Whatever we're doing, we just have to find out where that love is. And keep polishing it. As you walk out on the street you will find the testing ground all the time. We have to rededicate ourselves to the quality of our lives, one moment at a time. In that, we find a new power of freedom and clarity.

And we can use that as building blocks to move on to acceptance.

In the book I work through a number of processes, such as fear, anger and grief. As we work through these feelings we start stripping away to the core of who we are, if we're not our illness.

I see that in my life I can choose to experience inner peace, regardless of the state of my body or my emotions. The healing occurs in the soul and in the spirit. Another quote from the book is, "Learn to wish that everything should come to pass exactly as it does." That's by a Greek philosopher.

You have a mind that functions and your body doesn't, but I have a functioning body but my mind doesn't. I'm stuck in my head. I'm afraid to think about having a relationship because — what if the person doesn't understand me? How can she accept me if I don't accept myself?

It gets really complicated. But what helps is to love and forgive yourself as much for the judgments as for your actions and to forgive yourself for thinking that you're not worthy to have this relationship. What you're judging about yourself is more of an illness than what you are describing.

I have a whole analogy in the book about beauty and the beast. The beast is all about anger, grief, illness, judgment and regret - and all these dark things. Beauty is light, joy, spirit, health, vitality and goodness. But beauty was not whole until she kissed the beast and accepted the beast in herself. Then he turns into a prince. In accepting the dark side, she owns the entire self.

You talk about love but what about those who did not love us for not loving ourselves, such as parents?

I forgive my father for not loving me even though I had an illness. I forgive myself for judging myself. I forgive myself for judging my parents. There's power and there's healing in that. We are not our limitations and we are not our illness. We are much more than the limitations or the labels that are placed upon us.

My book is about inspiration. It's not

about what to do, macrobiotic brown rice, or how to cook a certain way. It will inspire you. Once you're inspired you are empowered and you will move toward action. It's about how to live in spite of your sickness. Your life does not stop because of the label. We will all die. It depends on the quality of your life while we're here until we die. I want to learn how to live with quality and in the most empowering way. In the meantime I've got MS, so what. So I don't walk. But I will go to Egypt in a wheelchair.

Do you actually claim you are not your body, that it's not part of you?

Of course it is. But I'm bigger than my body. If I were just my body I wouldn't do half the things I do. I love my body and embrace it but my body does not define me. It does not limit me as to my purpose or why I'm here. That's what my heart does. That's what my loving does. I've learned the process of how to get to com-

passion and the human spirit through my heart, which is more than my legs or my depression and chronic illness.

What do you do now?

I'm still an artist. But I don't draw anymore because I can't hold a pen. I am accepting life how it is, not using it against myself, of how I once was. I'm very creative. My mind is not dead or limited.

To me acceptance is the ability to open ourselves up to what is. It might be asking for assistance, which makes it possible for us to claim the current reality, not the past or the future or the one that exists in our mind. How you do it, that's your journey. What I can say is that acceptance also brings a higher quality of life because now we're talking about engaging in a life which is not based on the past or the 'shoulds'! It's engaging in the quality of the current reality of how it is right now. It's being honest, working with acceptance and then moving towards unconditional compassion for ourselves.

That's the healing process. There are seven principles to it. It's not easy to keep remembering to go higher rather than to

think back into the lower habitual ways of being negative, angry or sad. We used to do that. We don't have to do that anymore if we keep choosing the higher path rather than the lower path.

And acceptance takes practice. It's not like I could accept and now I can't or I couldn't and now I can. It's a constant, constant thing and it's all choice. We can choose the dark side or the light side. We can choose to go up or go down. We can choose upliftment or collapse. It's your own choice.

Walter Cronkite used to end his everyday newscasts with the words, "and that's the way it is." And that is the way it is.

Honesty and acceptance are the first two principles in my book. I encourage you to work it out and to be honest with yourself about it. And honesty is not simple, it's painful. I won't say that it's not.



However, we've got to go through this process so that we can move to the other side. On the other side is joy and compassion for ourselves and love for ourselves and others.

Thank you all for being here. And what I appreciate most, is not only that you're here, but I appreciate that you're all willing to look at yourselves, to start opening up to see where this path called illness or injury can take you. Because it is a never ending journey.

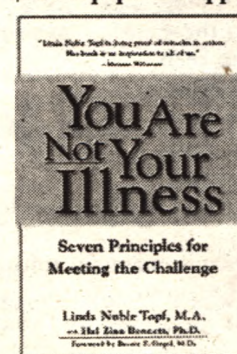
I can never go back to where I was, when I was walking. I would never give up the lessons and the loving and the learning that I have found for myself. I don't know where your lessons are, but look to your heart and you will find them. I thank you all so much. ■

You Are Not Your Illness

Seven Principles for Meeting the Challenge

By Linda Noble Topf, M.A. with Hal Zina Bennett, Ph.D.

\$12.00. paper. 253 pp. ISBN 0684801248. Simon & Schuster.



While serious illness, injury, or disability can physically alter the course of your life, it can also cause great emotional upheaval. You might feel anger, frustration, grief, fear, and denial as you try to accept a new way of living. And as you lose your ability to do things which once were routine, you may even feel that you are losing self-worth and that your physical condition threatens your identity. In this book, Linda Noble Topf delves deeply into her own experiences to share with you the keys to regaining emotional and spiritual wholeness. This is a book which provides inspiration to face the unfaceable such as an illness or injury which completely changes your physical being. It is a glowing testimony to "miracles in action"

and a guide to the quality of your inner life no matter what your life's path may ultimately be.

"What lies behind us and what lies before us are small matters compared to what lies within us." —Ralph Waldo Emerson, quoted in the book.

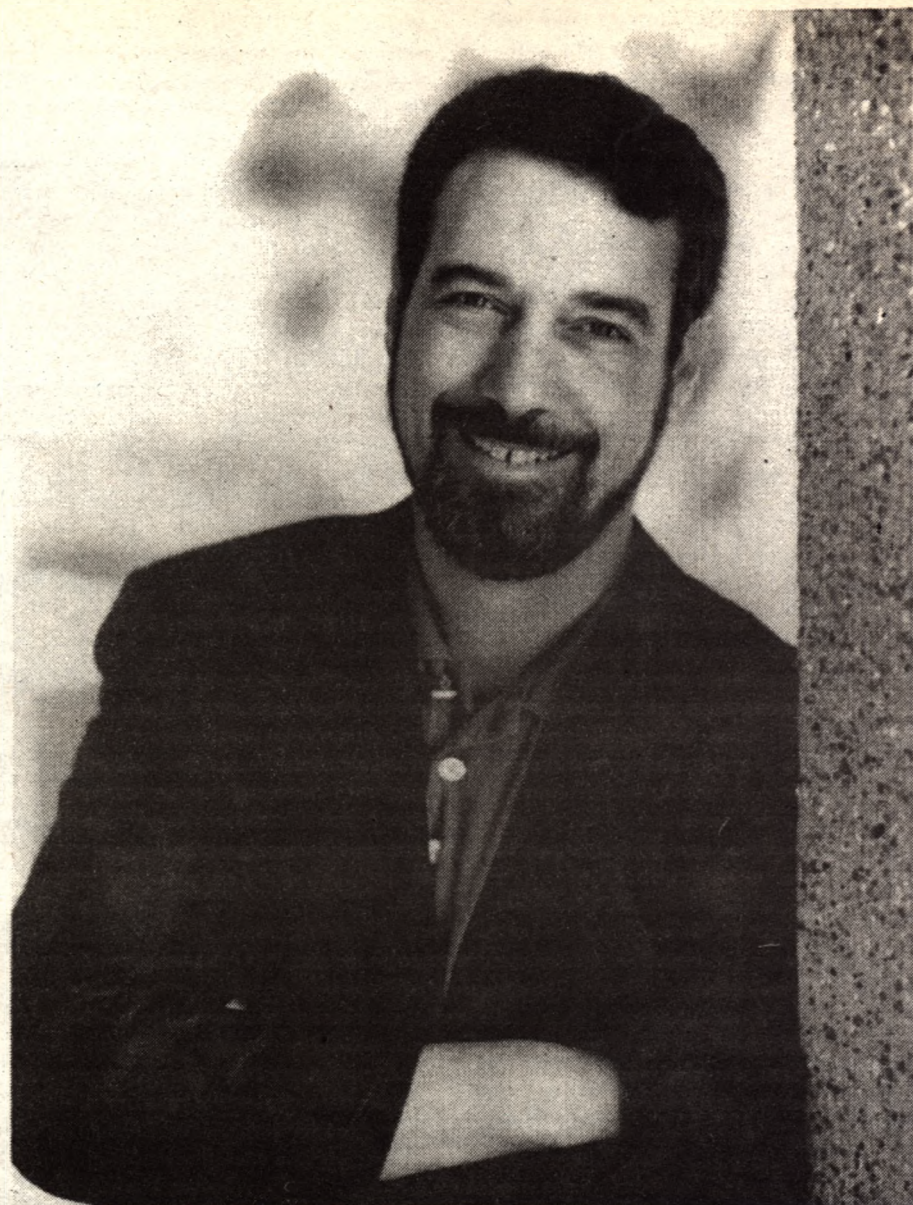
Rodger Kamenetz is a poet, author and Professor of English at Louisiana State University. In 1990, he went to India with a group of Jewish scholars to meet the Dalai Lama and to hold a religious dialogue with him. Out of this came the book *The Jew In the Lotus*, a sprightly tale told with candor, sensational wit, and a depth of feeling and style. In it, we learn a great deal about our own sense of religion by seeing how two diverse groups of religious leaders interacted and what they learned from each other. This is a story not to be missed.

The Jew In The Lotus was first published in a cloth edition in 1994 and it met with wide critical acclaim. The paperback edition has just been released.

Rodger Kamenetz visited the Bodhi Tree Bookstore in June, 1994. What follows is an edited version of his presentation.

The Jew in the Lotus

Rodger Kamenetz



I'm a poet, author and a teacher of poetry. I consider myself a secular Jew; I've always figured I was born Jewish so I'll remain that way. I was invited as a writer to accompany a group of Rabbis and Jewish scholars to a special meeting that was held in Dharamsala in the Fall of 1990 at the invitation of His Holiness the Dalai Lama.

I want to talk a little bit about the idea of *Kavvanah*, a Hasidic term which means something like "right aspiration." If you're familiar with Buddhist vocabulary, there is the notion of intention. Then *Kavvanah* is really the intention with which you do something and in Jewish spiritual life, *Kavvanah* is very important. For instance, if I'm in a taxi cab and I give a nice tip to the driver, that's nice. But if I do so remembering that I'm commanded to deal justly with others, then that adds *Kavvanah*, or intention to my act and raises it to a higher level. So it's essentially my view of mindfulness of activity and intentionality.

The Dalai Lama's *Kavvanah* in inviting us was very good because he saw the Jewish people had survived in exile for 2,000 years. Since he himself, as you know, is in exile with about 125,000 Tibetan people, his question for us was, "can you tell us the secret of Jewish spiritual survival in exile?" This was a wonderful question to ask because we have sur-

vived for 2,000 years in exile. And the fact that he asked such a question and the way he asked it was very moving to everyone there. I think that really set the tone for the entire experience.

When we arrived in Dharamsala I felt that we had entered a highly spiritual realm. The meeting with the Dalai Lama and his senior monks and lamas was an incredibly moving experience and it helped me understand the value of spirituality in our time. Even in exile, under such difficult conditions, these people are able to keep themselves together and continue the struggle to return to their home, without anger, without hostility and with tremendous integrity.

It think it's easy to maintain spiritual values in a comfortable environment when you're not threatened and you're not attacked. Otherwise, it's very difficult. At one point the Dalai Lama was asked about the problems he has had with the Chinese. He called them his "so-called" enemy. He said that if something bad happens to you, instead of using energy to

blame the person who's the cause of your suffering, you should simply seek positive means to make things better. This is very inspiring. The question about how Jews

have survived in exile was answered many different ways. In fact the Rabbis, quite characteristically, did not agree on what the answer was.

One thing that really was impressive about being in the Dalai Lama's presence was nothing less than his presence. I suppose as a secular Jew I never thought that listening was a powerful way of being in a room. I always thought talking was powerful but not listening. Yet his lis-

tening was powerful. It was extraordinary. It was palpable. And the quality of his attention was extraordinary. He was wholly there for each person that he spoke to.

Rabbi Joy Levitt, a reconstructionist Rabbi from Long Island said, "I don't know if we can tell the Dalai Lama to eat chicken soup and to send his kids to Hebrew school and every-

thing will be okay." What was told was a story of something that happened to Jewish people about 2,000 years ago when the temple was destroyed by the Romans. The Jewish people were scattered and dispersed throughout the Roman Empire and so we lost the center of worship and the center of holiness for the entire religion.

Rabbi Greenberg told the story of how a group of Rabbis gathered in a small town in Northern Israel and reconstituted Judaism in the form we know it today — Rabbinical Judaism. He explained to the Dalai Lama how the rites and rituals that were formally performed in the temple were taken into the home. Now, in all of our daily activities and prayers there are memories of the temple. For example, at a wedding you break a glass. Why? To remember the destruction of the temple in Jerusalem.

At least for one day a week, for *Shabbat*, there's a vision of perfection, of return, and of wholeness, spiritually. When the Dalai Lama heard that he said, "Now I understand the secret of Jewish survival, it is always to remind, always to remind." He said *Shabbat* is like a visualization and he understood that all the Jewish practices were a way of remembering so that if one were in exile for a long period of time it was still possible to maintain the notion of returning. This is very important to Jews and to Tibetans.

I think the most interesting part of the

dialogue was perhaps not so much what we, the Jews, came to teach the Dalai Lama, but what the Dalai Lama taught us. He wanted to know if there was anything in Judaism that was similar to the techniques of Buddhist meditation. He asked about the inner life of Jewish people. Two Rabbis in particular were invited to address that issue.

One of them was Rabbi Jonathan Omer-Man from Los Angeles, who has studied techniques of Jewish meditation for many years and who is very well versed in it. The other person who spoke was Rabbi Zalman Schachter who was raised in the *Lubavitch* tradition but who is interested in and knowledgeable about Buddhism. He's really the grandfather of what's called Jewish renewal.

Rabbi Zalman Schachter's task was to discuss the Kabbalistic Jewish Cosmology — the four worlds cosmology. It's about how divine energy comes into this world of creation and how energy goes back up. Sometimes it's the image of Jacob's ladder, the angels climbing down and then back up. It's about how we move from the material to the spiritual world.

Tibetan Buddhists speak of the view, the path and the goal of their system. And Zalman wished to present the view, the path and the goal of mystical Judaism. He made the important point that for most Jews, mystical Judaism is not accessible. And for most Jews and non-Jews there is a sense that Judaism is highly esoteric. It's a story of history and politics, and in contemporary terms, it's a story of group conflicts. But Zalman wished to explain a little about the mystical in Judaism.

He had this incredible chart of the Kabbalah. It had the four worlds. It was in English, Hebrew, Yiddish, Tibetan and Sanskrit because Zalman was really trying his *Kavvanah*. The task of translating one system into the terms of another is formidable. And when Zalman got to the second of the four worlds, the *Yetzirah*, he said, "Some *Devas* inhabit that realm." At the point of moving onto the third and fourth realms, the Dalai Lama stopped him because *Devas* is a Sanskrit term for a Buddhist deity. Zalman retranslated. By *Devas*, he meant angels. And this is where the dialogue moved into something very interesting because the Dalai Lama was fascinated with angels. Zalman explained the whole color system of angels in Jewish Angelology and he went on to explain that there were different kinds of angels, such as the Seraphim, Cherubim and the Ophanim which were real angels that energize a room. And it seemed that it was so for us. Then Zalman said, "There's an angel for each city and for each one of the peoples of this earth." And in fact, if they did the dialogue right, there was an angel of Tibet speaking through the Dalai Lama and an angel of the Jews listening in Zalman and vice versa. It felt as if that were true. It was an extraordinary moment.

The question that I came away with is, what role can the mystical or the esoteric have in Jewish life today and how can people learn about it? It was clear from the Dalai Lama's interest and by the Jewish response that there's a lot of energy and excitement in these questions as well as a wealth of important teaching within it.

At the second session, Rabbi Omer-Man said something very telling. He told the Dalai Lama that there were more Jews

seeking the esoteric in Dharmasala than in his synagogue in Los Angeles.

I encountered many Jewish Buddhists in Dharmasala. Some were travelers. Some were monks and nuns in robes. They're really fascinating people. I decided when I returned home, I'd talk to more in the United States. I spoke to numerous people such as Allen Ginsberg, Joseph Goldstein, and Ram Dass, (who is more into Hinduism.) I asked them what they found in Buddhism that they didn't find in Judaism. The answers were really, very revealing about Jewish religious and spiritual life today.

What would it mean to a Jew to see a Buddhist bowing before a statue?

Q Do the Jewish Buddhists consider themselves still Jewish? And if so, does Buddhism or Judaism have any problems with them being together?

There's a whole range of attitudes. Some people leave Judaism in anger which I think is a problem for them as Buddhists. They're angry because they had an insensitive Rabbi or they didn't like their relatives or they didn't find anything spiritual in Judaism. I know a wonderful woman from Brooklyn who said as a woman growing up in the 50's there was no role for her as a spiritual person because she didn't want to be married and have children. Some people consider themselves Jewish and Buddhist equally.

Q There's something particularly poignant about this conversation because Judaism has survival at its very essence. It's as basic as the Jewish mother worried about her child's marrying and as profound as Israel surviving as witness to the word of history. It seems that Buddhism by its nature is defenseless. The fact that the Dalai Lama bears no malice to the Chinese brings about something almost agonizingly poignant about Buddhists asking Jews how to survive.

Between the time we met with him in 1990 and the last year or so [1994], I detect a very strong change in the Dalai Lama's posture and position. I say in my book that he has almost become a Dharma Zionist. I don't mean any sacrilege by that but what I mean is that he has stated that Tibet is the homeland of Dharma and so if you want to save the Dharma, you must save Tibet. And many of the Western and Jewish Buddhists I spoke to before that had an almost cavalier attitude. They would say, "It doesn't matter if Tibet disappears. The only thing that counts is Dharma and we'll teach it over here. And if it disappears, it's supposed to disappear." But I felt, how can you be so ungrateful to those who've taught you? Are you not going to do something to help them keep their act together?

Q I would like to address the idea that a lot of Jews are leaving the fold because of the intense intellectual focus in Judaism. I think the so-called lack of spirituality is in

essence a lack of heart. If somehow Judaism could bring back more of the heart, we would all want to get back to our roots.

Spirituality is there in Judaism but it's not easy to access. I was at a Jewish-Buddhist conference in Barry, Massachusetts and somebody said, in Buddhism there's Buddha, Dharma and Sangha, the community. As Jews, we really have our Sangha down. There might even be a stronger sense of community among Jews than among the Tibetans. Jews may disagree like crazy but there's still a sense that this person's a Jew and I'm going to help.

But our Dharma is a hard Dharma and it's in a language that's difficult to access. I asked Allen Ginsberg, why didn't he go to one of the many Hasidic teachers in Brooklyn who could've taught him Hasidism and the Jewish Esoteric? Why did he go to Tibetan Buddhism? He said, "Because, in a funny way, the Tibetan teachers were translating it for me." The Tibetans spoke a young peoples' language where perhaps a Rabbi from a strongly Yiddish culture did not. So there's a problem there.

I think at this time we're called upon to be bicultural and bi-religious. We don't need to practice two, but at least have knowledge of two so that we're not so insular. I think that's very important to do and I think if all of us did that, maybe there'd be more understanding and less conflict in the world.

Q We essentially lost our Jewish tradition here a generation or two ago because of immigration to America and the premium placed on assimilation.

There's no question that the kind of Jews who came to America were those who fled a hundred miles an hour from Hasidic teachings and Rebbes and everything else. That's the last thing they wanted.

And, I would add, because of the Holocaust, about one-third of the Jewish people were killed, but more importantly probably 80% of the teachers were killed. We shouldn't forget that because it is extremely important.

Q What about kneeling and bowing? How do Jewish Buddhists reconcile that or explain it?

When we went to Dharmasala, there was a ceremony for the Dalai Lama at a temple on the first day. For a Jew, like myself, to go into this temple is overwhelming. It's everything that isn't in Judaism. Judaism is relatively austere on the visual front because of one of the ten commandments.

But when you go into a Buddhist temple, you smell incense and hear drums, horns and chanting. You see colorful thangka paintings and the monks sitting cross-legged in front of the Dalai Lama. There's a magnificent throne, and people are bowing to the throne and to golden statues.

Q Can a Rabbi call the Dalai Lama "His Holiness" and still be a good Jew? What would it mean to a Jew to see a Buddhist bowing before a statue. Is that idolatry?

There's a tract in the Talmud called *Avodah Zarah* (it means "strange worship") that instructs that not only are you not to bow down to idols, but if you're in the presence of idol worshipers, you're supposed to kill them. That's a very serious instruction, although not one I would take seriously. That gives you the sense of how strong the feeling is. There are Orthodox Jews who are taught as young boys not to bend down to pick up a nickel. Why? Because there's an image on the nickel and that might be idolatry. The way the Orthodox Jews among us dealt with it was to ask themselves this question: "What is the intention, what is going on in the mind and in the heart of the person at the time they're doing this? Are they worshipping this object and making it a God? And if the answer is "No," then it's not idolatry and if the answer is "Yes," it is idolatry. So they felt, to their satisfaction, that it was not idolatry. I don't think that every Orthodox Jew in the country would agree with them.

Q You say you were a secular Jew when you went? Are you still one?

I'm a good enough Buddhist not to try to label myself. I think I'm under construction. I'll say that. I have a Jewish family and I live in an embattled community. Being Jewish is very important to me. Shabbat is very important and we try to honor that.

Q Sounds like if we were to call your life a movie, we'd call it "Raiders of the Lost Soul."

I'll call it a "The Jew in the Lotus." Thank you for coming. ■

The Jew In The Lotus

By Rodger Kamenetz

\$12.00. 304 pp. paper. ISBN

0060645741. HarperCollins.

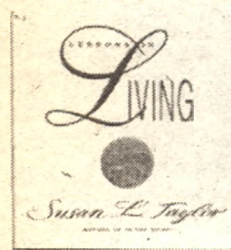


Poet Rodger Kamenetz accompanied eight high-spirited Jewish delegates to India for an historic Buddhist-Jewish dialogue with

the Dalai Lama. Along the way he encountered Ram Dass and Richard Gere, and had dialogues with leading rabbis and Jewish thinkers, including Zalman Schachter and Yitz and Blu Greenberg. He also met a host of religious and disaffected Jews - including Jewish Buddhists. Along with a renewed appreciation of his living Jewish roots, he came to see the similarities, connections, and shared humor of these seemingly disparate cultures. The result is a remarkable story of convergence and co-operation in a world too often divided by sectarian beliefs.

African Studies

By Susan Taylor
\$19.95. 163 pp. cloth.
ISBN 0385478682. Bantam



"Any joy, creativity or wisdom our next moment brings will ensue from the way we live our present one."

A Black Woman's Guide through Life's Dilemmas

When I resisted change I nearly lost my mind. In the Valley, we change because we are forced to grow, to stretch, to reach beyond the limits we place on ourselves and allow others to place upon us. We cannot see through the darkness of the valley, so we are forced to trust our intuitive knowing, our ancestral link. In the valley, we develop faith and strength, the stuff our grandmothers were made of. We realize that something has gone terribly wrong. The "something" is, more often than not, that we have been doing "our thing"—the same thing we do repeatedly which gets us into trouble. In the best possible scenario, a valley experience forces us to do something new. We are forced by life to do "a new thing."

—from *The Value In The Valley*

As a Spiritual-Life Counselor and author of the best-selling *Acts Of Faith*, Iyanla Vanzant uses the metaphor of a valley for life situations which teach a character trait or spiritual virtues we need to learn in our lives. Patience, trust, faith, courage, wisdom and honesty are some of those developed in different valleys.

These traits represent universal

EDITOR'S CHOICE

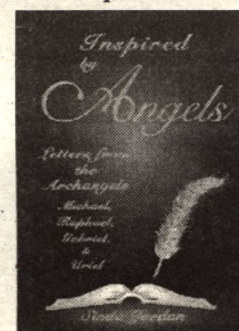
principles which govern the orderly flow of life, since this universe we call "life" is actually a spiritual process governed by spiritual laws we need to embrace and live by. What is unique about the Black woman's experience is her particular orientation to the life process. Vanzant believes many Black women feel that something is wrong with them; and this is

we want — or fear — them to be. In the “Valley of Courage”, we give up our fears — of failure, of rejection, of the unknown, or of not being in control — and our habit of rationalizing and blaming that goes along with them. We learn to trust in ourselves, and to value our own thoughts and deeds in order to accomplish the things we desire. There are still more valleys to pass through, where we find our *own* purpose in life, take responsibility for our actions, and give up trying to fix or change the things and people we should accept as they are. Then we can seek our goals in the “Valley of Success”. Most of all, we can believe we are worthy of love and learn to accept it (instead of seeking it) in the “Valley of Love”. Vanzant illustrates the valleys with cases from her counseling work and gives potent advice and meditations to guide us through each of them. This is an exciting and fun book that will inspire you to live a more conscious and full life.

Angels

Letters from the Archangels Michael, Raphael, Gabriel & Uriel

Sinda Jordan
\$12.95. 153 pp. cloth. ISBN 0931892252.
Blue Dolphin.



Sinda Jordan began receiving messages from the Archangels Michael, Raphael, Gabriel and Uriel in 1993. Over the course of a year, the angels dictated many different inspiring lessons, which Sinda

Jordan compiled into the "letters" presented in this handsomely designed book. The "letters" touch on many different subjects but their universal message is love. Each angel can provide guidance for specific problems in everyday life and can be

called upon accordingly: *Michael*.

EDITOR'S CHOICE

for loving assistance; *Raphael*, when we are faced with any type of healing challenge; *Gabriel*, for aid in dissolving fear; and *Uriel*, for help in seeing our path more clearly. Jordan maintains that it is possible for every individual to form a personal relationship with the Archangels and receive their loving guidance because their desire to love

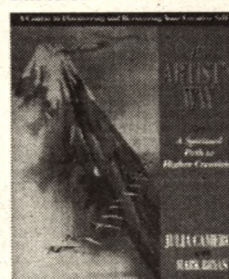
"As love and fear are never present in the same place, the same is true of truth and fear. Learn to love the truth and never fear it. Be diligent in the living of God's laws, and the truth shall always follow. Holding truth inside of you for nurturing and expansion is an act of love, not fear."— *Gabriel*

"When you develop an awareness of the presence of angels and invite their participation into your life, magical things begin to happen." — Sinda Jordan.

Art

A Spiritual Path to Higher Creativity

By Julia Cameron with Mark Bryan
\$13.95. 222 pp. paper. ISBN 0874776945.
Tarcher



When *The Artist's Way* was first published in 1992, it launched the creativity workshops conducted by Julia Cameron and her partner Mark Bryan. And to date, through a ground swell of word-of-mouth endorsements, sales have exceeded half a million. Many of us wish we were more creative, or sense we are artistic but have lost sight of our creative potential. With *The Artist's Way*, recovering creativity begins with two pivotal tools: The *morning pages* and the *artist's date*. *Morning pages* are three pages of longhand stream-of-consciousness writing — a kind of creative getting out of bed and into motion. The *artist's date* is a block of time specifically set aside and committed to nurturing one's creative consciousness, or inner artist. But there is much more to this book: Writers, filmmakers, musicians, performance and graphic artists all espouse the wonders of this spiritual tool kit aimed at removing the blocks which prevent aspiring individuals from realizing their artistic abilities. If you are a person who thinks it's too late, or if you worry about what your friends and family will think, or you think you just aren't good enough to be a "real artist", then this is a book you should definitely read.

\$24.95. 222 pp. cloth. Deluxe Gift Edition. ISBN 0874778312. Tarcher.

The gift edition is the first time *The Artist's Way* has ever been available in hardcover. It contains a new introduction by Cameron and a new afterword on how to start an *Artist's Way* support group or cluster.

A Companion Volume to the Artist's Way

By Julia Cameron with Mark Bryan
\$20.00. 273 pp. paper-over-board.
ISBN 0874778204. Tarcher.

Here is a portable "room of your own", where your opinion is off the record, except to your own eyes. Morning pages

— three pages of longhand morning writing — are the primary creative tool of *The Artist's Way*. They are to be written strictly off the top of your head (no “real writing” please!) and may sound whiny, grumpy, even petty if that’s how you honestly feel. Ultimately, you will find that your morning pages provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. This is where we are invited to siphon off whatever nebulous worries, jitters and preoccupations stand between us and our progress. This companion journal to the twelve week *Artist's Way* program includes complete instructions on how to use the pages as a creative tool. It also features inspiring quotations which help to guide you through the process. A final chapter shows how to start an *Artist's Way* study group.

Creative living requires the luxury of space for ourselves, even if all we manage to carve out is one special bookshelf and a windowsill that is ours.

By Deborah Koff-Chapin
\$22.95, set of cards with booklet.
ISBN 0964562308. Sigo Press.



Artist Deborah Koff-Chapin designed these exquisitely beautiful cards to inspire your inner wisdom and creativity. The 36 page manual shows you how to use them: you can

use the cards as a means for reflection or divination, or in a combined approach in a series of spreads. The key is the living relationship you develop with your selection. Once you become aware of the shapes, colors, textures and image before you, you engage in a process of self-revelation. Deborah suggests ways of using story-telling, visualization, movement, dream journaling and music to further enhance the power of the process, and thus your understanding of yourself and your life. She also includes ways to use the cards with another person or in a group. The most exciting element of *Soul Cards* and Koff-Chapin's work, is her introduction to "Touch Drawing" in which you learn how to spontaneously draw your own personal images, which become direct expressions of your inner being, and revealing imprints of your ever changing self. It's a wonderful means to tune into yourself, release emotions, accept your feelings, and often, to find the way forward.

Astrology

Please see the Calendars section for a listing of Astrological Calendars.

How to Read the Houses in an Astrological Chart

By Karen Hamaker-Zondag
\$14.95. 254 pp. paper. ISBN 0877287694.
Weiser.

The houses of the horoscope are said to represent the nature of the "circumstances" in our lives. These are not only external circumstances but also our (generally unconscious) expectation patterns and needs. It is impossible to divorce the

AYURVEDA



internal and external, and we can find developments in character and life experience in the houses, just as we can find character traits in the planets and signs. Karen Hamaker-Zondag's book is for astrologers seeking a deeper perspective on personality and life situations. The rulers of the houses and natal chart and their connections can reveal answers to many confusing questions. She discusses what makes certain houses stronger, or more important in the chart, house-rulers in aspect, and finally, in part II, the actual house connections and how they work. Here you will find an intelligent assessment on what each house represents (psychologically, externally and physically) and what happens when rulers are found in the various houses.

When Will You Marry?

Your Romantic Destiny through Astrology

By Rose Murray

\$12.95. 203 pp. paper. ISBN 1567184790. Llewellyn



Here's a book that shows everyone — from novices to advanced students — how to find out when love's going to find you. From the basics — such as compatible elements and sun signs — to finer points of romantic indicators such as Sun/Moon midpoints and chart link-ups, you'll discover how to influence your romantic destiny. There are best times to circulate, ways to know if Mr. or Ms. Right has actually turned up and ways to determine whether happiness and security lie ahead with your love interest. The harmony of Sun, Moon, Venus and Mars in the horoscope of potential lovers is the key and generally, the most promising time for finding a love partner is when both Venus and Mars travel through your own sign. When Venus is in the sign opposite yours in the zodiac, you are also likely to draw people to you. (Venus and Mars will occupy the same sign — Capricorn — during December 1 to December 21 this year.) Murray also includes notes on the houses governing romance and partnership, a compatibility check-up with someone you've met, and the means to determine your mutual money luck.

Ayurveda

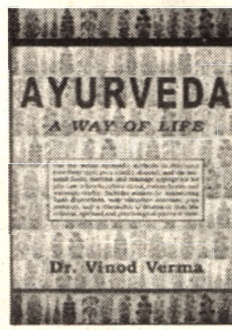
Ayurveda

A Way of Life

By Dr. Vinod Verma

\$14.95. 278 pp. paper. ISBN 0877288224. Weiser.

At the height of her career as a medical researcher, Vinod Verma came to realize that the modern approach to health care is non-holistic, and that more attention is directed to curing disease than to maintaining good health. Through a corresponding study of Ayurveda, she realized that in order to focus on adopting and



maintaining a healthy lifestyle, and on acknowledging individual variations in body type, psychology and general constitution, the holistic approach was far more sensible. Ayurvedic doctors understand that biological, mental, spiritual and cosmic activities are interdependent, so ailments and malfunctions are treated in the context of an individual's social, cultural and spiritual environment. Dr. Verma gives us a clear description of the constitutional types — and their combinations — and reveals how readers can create their own balance. She also includes methods for cleansing the body, revitalization practices of massage and yoga, guidelines to healthy habits that boost the immune system and remedies for a few common ailments.



Ayurveda

Secrets of Healing

By Maya Tiwari

\$22.95. 548 pp. paper. ISBN 0914955152.

Lotus Light.

You might have read about Indian born Maya Tiwari's rediscovery of Ayurveda in our last quarterly book review. Since completely curing herself of cancer, she has devoted her life to the study and teaching of Ayurveda and nature's *sadhanas* as a way to live — and heal — our lives. *Pancha karma* therapy, the core of Ayurveda's healing therapies,

is believed to predate even the earliest applications of Ayurveda, which are thought to have occurred some 8000 years ago. Tiwari's introduction to

EDITOR'S CHOICE

Ayurvedic history is a fascinating read. Ayurveda is based on cleansing, balancing, massage and the observance of *sadhanas*, i.e. spiritual practices, therapies, remedies, diet and natural biorhythms — which, when applied, awaken our capacity to heal ourselves. Maya Tiwari's work is deeply rooted in the scriptural, spiritual tradition of Ayurveda, yet her description of the cleansing and rejuvenating therapies offered by this practice is both meticulous and comprehensive. If you wish to take Ayurveda seriously, this is — without question — your complete text. Her first book is *Ayurveda - A Life of Balance* (\$24.95. paper. ISBN 089281490X. Inner Traditions).

Know the self as the chariot master

The body as the chariot.

Know the faculty of wisdom (buddhi)

as the charioteer

and the mind as the reins.

The senses are the horses

and the sense objects are the arena

So say the sages.

—Katha Upanishad III (3-4)

The Book of Ayurveda

A Holistic Approach to Health and Longevity

By Judith H. Morrison

\$15.00. 191 pp. paper. ISBN 0684800179. Fireside.

Ayurveda is a science of life which focuses on the subtle energies in all things — not only in living and inorganic things, but also in our thoughts, emotions and actions. To understand Ayurveda, you need to familiarize yourself with the way the natural temperaments of vata, pitta,



Although every book in this series takes you to the basic principals of Ayurveda, and to assessing the balance of the three doshas in your constitution, so that you can decide which dosha predominates. From there you can establish whether your lifestyle is keeping you healthy. It's all about balance, and redressing disturbances in your personal equilibrium. Morrison's book is attractively planned, illustrated in color, and easy to read. She takes you through an analysis of the body in disease and in health, then

EDITOR'S CHOICE

outlines Ayurvedic methods to maintain health and wellness. There are sections on exercise and meditation, food (including very accessible food charts) and the mind and emotions. There are also some interesting side-bars, such as the effects of color on each constitution, and how to get the most out of vacations.

Creating Health

How to Wake Up to the Body's Intelligence

By Deepak Chopra, M.D.

\$11.95. 224 pp. paper. ISBN 0395574218. Houghton Mifflin.

In his introduction, Chopra asserts that "you cannot experience the faintest mood without your heart cells sharing it, and at the same time your lungs, kidneys, stomach and intestines. These organs participate in your mental life as fully as your brain does. We do not have a body and a

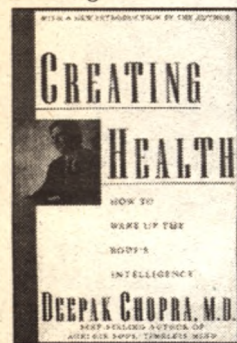
Bodhi Tree Best-Sellers

THE FOLLOWING IS A LIST OF THE BEST-SELLING BOOKS AT THE BODHI TREE BOOKSTORE FOR OCTOBER, 1995.

- 1 **The Seven Spiritual Laws Of Success**
By Deepak Chopra \$11.09 until Jan.1, 1996 (\$14.00 list). cloth. ISBN 1878424114. New World Library.
- 2 **The Artist's Way by Julia Cameron & Mark Bryan**
\$13.95. paper. ISBN 0874776945. Jeremy Tarcher/Putnam.
- 3 **The Laws of Spirit by Dan Millman**
\$14.00. cloth. ISBN 0915811642. HJ Kramer.
- 4 **The Cure For All Diseases: With Many Case Histories by Hulda R. Clark** \$21.95. paper. ISBN 1887314024. ProMotion Publishing.
- 5 **The Sacred World: A Guide to Shambhala Warriors by Jeremy Hayward**
\$14.95. paper. ISBN 0553371959. Bantam.
- 6 **The Alchemist by Paulo Coelho**
\$10.00. paper. ISBN 0062502182. Harper.
- 7 **At Peace in the Light: The Further Adventures of a Reluctant Psychic by Dannion Brinkley with Paul Perry** \$20.00. cloth. ISBN 0060176741. Harper
- 8 **Nothing In This Book Is True, But It's Exactly As It Is by Bob Frissell**
\$12.95. paper. ISBN 1883319013. Frog, Ltd.
- 9 **The Book of Runes: by Ralph Blum**
\$29.95. cloth (book and Runes). ISBN 0312097581. St. Martin's Press.
- 10 **The Power of Compassion by the Dalai Lama**
\$12.00. cloth. ISBN 0722532105. Harper.
- 11 **The Return of Merlin by Deepak Chopra**
\$18.48 until Jan.1, 1996 (\$24.00 list). cloth. ISBN 0517598493. Crown.
- 12 **The Kombucha Phenomenon by Betsy Pryor and Sanford Holst** \$11.95. paper. ISBN 1887263101. Sierra Sunrise Books.
- 13 **The Celestine Prophecy by James Redfield**
\$18.95 cloth. ISBN 044651862X. Warner Books.
- 14 **Mutant Message Down Under by Mario Morgan**
\$10.00. paper. ISBN 0060926317. Harper.
- 15 **Bringers of the Dawn: Teachings from the Pleiadians by Barbara Marciniak**
\$10.95. paper. ISBN 093968098X. Bear & Co.
- 16 **The Essential Rumi translations by Coleman Barks with John Moyne**
\$18.00. cloth. ISBN 0062509586. HarperSF.

BUDDHISM

mind, but a body-mind, one seamless web of intelligence that expresses every flicker of intuition, every shift in the configuration of an amino acid, every vibration of an electron." First published in 1987, *Creating Health* is a manual for living.



Chopra begins with the statement that health is our natural state, and more than the absence of disease. Then he discusses some of the most common problems encountered in everyday clinical practice and how the medical community generally deals with them. Finally he argues his own holistic approach and why he believes it to be more effective. For example, though sleep is a state of altered body chemistry, disturbances in sleep are most often caused by anxiety or guilt. If we expect to heal sleep disorders, we should begin with the mind, not with drugs.

Deepak Chopra is well known and revered for his profound teachings about Ayurvedic medicine and has written several critically acclaimed books, such as *The Seven Spiritual Laws of Success* \$11.09 until Jan. 1, 1996 (\$14.00 list) cloth (\$11.95 audio cassette); *Ageless Body, Timeless Mind* \$13.00 paper; *Creating Affluence* \$14.00 cloth (\$11.95 audio cassette); *Quantum Healing* \$12.95 paper (\$10.99 audio cassette); and *Perfect Health* \$13.00 paper (\$16.00 audio cassette). Chopra has a new book coming out in January, 1996 called *The Way of the Wizard: Twenty Spiritual Lessons for Creating the Life You Want* which we have reviewed in the *New Age Philosophy* section.

Buddhism

Big Sky Mind

Buddhism and the Beat Generation
Edited by Carole Tonkinson
\$15.00. 387 pp. paper. ISBN 1573225010.
Riverhead

"Happiness consists in realizing that it is all a great strange dream . . . Believe that the world is an ethereal flower, and ye live."

—Jack Kerouac in *Lonesome Traveler* and *The Dharma Bums*. Many people now think of the Beats as a curious anachronism from the Fifties — was that something about bongo drums? Even in their own time they were often considered to be nihilistic, or else hostile to the "American way of life." This anthology, however, reveals an altogether different side of the Beat movement, namely, that many of the Beats were engaged in a sincere search for religious meaning and a new consciousness. This search led a number of the Beats to Buddhism, and some went on to become serious practitioners. In any case, the Beats introduced many of their contemporaries to the Buddhist path through their writings. *Big Sky Mind* presents the Buddhist-inspired writings of



Jack Kerouac, Allen Ginsberg, Diane di Prima, Gary Snyder, William Burroughs, Lawrence Ferlinghetti and many others. The Beat era may prove to be an important chapter in the religious and cultural history of America, since the Beats picked up where the Transcendentalists (especially Emerson and Thoreau) left off in their interest in Eastern religion and reverence for nature. And while their early writings on Buddhism may seem naive, they made a significant contribution to the growing interest in American Buddhism. No doubt in their own way they had grasped something of a Buddhist understanding; when Allen Ginsberg read some of Kerouac's writings to the Tibetan Buddhist Master Chogyam Trungpa Rinpoche, Trungpa laughed appreciatively and exclaimed, "It's a perfect exposition of mind!" Could it be that religious inspiration is more likely to be found in the minds of those who step away from society? "Like Emerson, the Beats aimed to make contact with the sacred in moments of indescribable intuition and then to transmit at least some of what they had experienced in words. Like Thoreau, they insisted upon the sanctity of everyday life, the sainthood of the nonconformist, and the awesome sacredness of nature . . . they aimed to create a spiritual brotherhood based on shared experiences, shared property, shared literature, and an ethic of what Kerouac called "continual conscious compassion." — from the introduction by Stephen Prothero.

Buddhist Yoga

A Comprehensive Course
Translated by Thomas Cleary
\$10.00. 109 pp. paper. ISBN 1570620180.
Shambhala

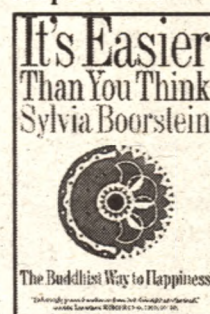


When we encounter the word "yoga," we may think of the physical postures of Hatha Yoga, which many people in the West now practice. However, as translator Thomas Cleary writes, "The word yoga has many

meanings, including 'meditation', 'method', and 'union'. This landmark translation of a classic text on Buddhist yoga, the *Sandhinirmochana-sutra*, or "Scripture Unlocking the Mysteries," outlines the subtle metaphysics of Buddhism, the Buddhist methods of spiritual development, and the levels of enlightenment that emerge from these methods. As Cleary emphasizes, this text provides a thorough preparation for anyone aspiring to enter Buddhist practice. It explains the Buddhist understanding of nonduality and ultimate truth, the relationship of this understanding to actual practice, the Buddhist understanding of mind and consciousness, "essencelessness" as the key to liberation, and the principles and practice of meditation. Then it surveys the ten stages of enlightenment through which one progresses and finally, describes the qualities and abilities of the fully enlightened mind. The subtle teaching and practice of Buddhism can easily be misunderstood; this important translation allows readers to gain a greater clarity. It is yet another of Thomas Cleary's marvellous contributions to the understanding of Eastern thought.

It's Easier Than You Think

The Buddhist Way to Happiness
By Sylvia Boorstein
\$17.00. 145 pp. cloth. ISBN 0062512935.
Harper Collins



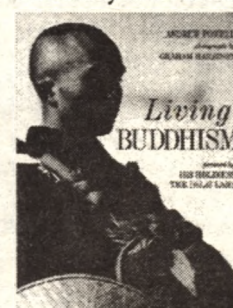
"We don't get a choice about what hand we are dealt in this life. The only choice we have is our attitude about the cards we hold and the finesse with which we play our hand"

—Sylvia Boorstein.

We may want to be "spiritual," and we may be hoping to see the Great White Light so that we will glow in the dark forever. But in the mean time—in the actual present moment—how is our life going? Can we deal with the ups and downs and occasional swift kicks that life presents us and still savor all that life has to offer? The fact is that we can, says Sylvia Boorstein (a.k.a. the "Jewish grandmother Bodhisattva"). She learned both from Buddhist meditation and from the example of relatives and friends who have mastered the art of living, (strangely enough), by living their lives. To convince you that "it's easier than you think," Ms. Boorstein (like any competent grandmother) tells stories: about her own experiences meditating, about her teachers, and about the people who have moved and inspired her. These stories each have a point; they illustrate the Buddhist "map" leading to contentment, balance and lovingkindness. Ms. Boorstein writes with honesty, humility, and love; her readers will feel the meaning of Buddhist teachings while learning about them. At the Bodhi Tree, we are often asked for good general introductions to the spiritual path, sometimes for gifts. This is a book we would wholeheartedly recommend, even for those with no knowledge of Buddhism. It's a book about living. We should also note that Ms. Boorstein has earned her place in history as the first to teach "Hand Needlework as Concentration Practice." In her words, "The only sounds were the click, click, clicking of knitting needles, the swish, swishing of thread through canvas on fabric, and, in the winter, rain." A beautiful, touching and insightful book.

Living Buddhism

By Andrew Powell, photographs by Graham Harrison
Foreword by His Holiness the Dalai Lama
\$24.95. 200 pp. paper. ISBN 0520204107.
University of California



After giving up his position as a prince to attempt the existing spiritual disciplines of ancient India, the Buddha set out on his own to resolve his questions about life. Eventually he arrived at an experience of enlightenment. He then spent his remaining 45 years teaching the way to achieve this experience, and inspiring his disciples by his sheer presence. Buddhist teaching eventually spread throughout Asia, where it has profoundly affected the cultures that embraced it. 2500 years after the time of the Buddha, author Andrew Powell notes,

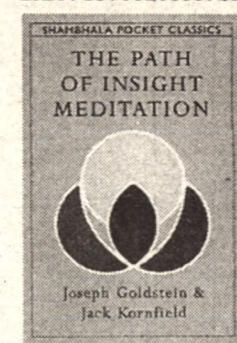
we are still impressed by the gentleness and generosity of those living in Buddhist countries.

EDITOR'S CHOICE *Living Buddhism*

an ideal introduction to this ancient tradition. It includes the life story of its founder, its teachings, and its development in various nations into Theravada Buddhism, Zen Buddhism and Tantric Buddhism. It is an intimate portrait; as they researched the book, the author and photographer travelled for thousands of miles through India, Nepal, Sri Lanka, Burma, Thailand, Indonesia, Korea, Japan and Tibet. As the title suggests, Powell is especially interested in the state of Buddhism in today's world, where it has encountered the challenges posed by contemporary materialism, invasion, and perhaps its own stagnation as an established religion. However, he also discovers new signs of life in both the East and the West. *Living Buddhism* allows readers to enter the world of this tradition of kindness and insight; the text is accompanied by over a hundred striking color photographs of people, places, and works of art. Buddhism is very much alive in a changing world. This book enables you to learn about it and see it for yourself.

The Path of Insight Meditation

By Joseph Goldstein and Jack Kornfield
\$6.00. 176 pp. 3" x 4" paper.
ISBN 1570620695. Shambhala



If we want to learn to play the piano, or to ski, we have to practice. Our first efforts will be clumsy, but if we keep at it, eventually it will begin to come naturally. In a similar way, we can learn to work with our own minds through

the practice of meditation. At first our minds will seem restless and chaotic, and we may discover that we live much of our life on automatic pilot, driven by our mental habits, emotions, desires and reactions. But if we work at it, it is definitely possible to gain insight into how our minds work, simply by observing. Then we may discover new meaning to simply being alive — not as an idea, but as an intuition that emerges as our minds become focused and quiet. This little book (excerpted from *Seeking the Heart of Wisdom*), is a clear and simple guide to the practice of Buddhist Insight Meditation. It covers why one might want to practice, how to go about it, how to deal with difficulties, and how to carry meditation into one's daily life. There is nothing very esoteric about it — it is merely a question of looking within. At the same time, this is not always an easy process (the mind has many tricks). Jack Kornfield and Joseph Goldstein are experienced meditation teachers with plenty of good advice. Meditation offers more than learning one particular skill or art; it enables us to live our lives with joy, wisdom and compassion, and to bring these qualities to a world that urgently needs them. For those with an interest in meditation (trying to get started?) and for those meditators seeking advice and encouragement, this convenient little book is an excellent guide.

TIBETAN BUDDHISM

Tibetan Buddhism

Disarmament, Peace and Compassion
His Holiness the Dalai Lama
\$3.50. 24 pp. 3 1/2" x 5 1/2" pamphlet.
ISBN 188451913X. Open Magazine



Those who seek world peace and universal disarmament run the risk of being dismissed as naive idealists. Human beings have always fought with each other, so why should we expect war to stop now? However, in

this small pamphlet, we find an argument for world peace that is remarkably logical and clear, written by a recent winner of the Nobel Peace Prize: the Dalai Lama. Step by step, the Dalai Lama explains how world peace would serve the universal human desire for happiness, and more specifically, how world disarmament could be accomplished. This brief essay also explains the Dalai Lama's view that compassion and altruism do not belong to any particular religion or philosophy; rather, they grow out of our intrinsic human needs. In addition, the Dalai Lama expresses his hope that the Tibetan plateau will become a "zone of peace," where humanity and nature can live in a state of harmonious balance. It is easy to get caught up in the world's way of "business as usual" and assume that things will never change. Here, however is a carefully reasoned argument that we can create peace, and that the benefits for everyone would be enormous. "Since periods of great change such as the present one come so rarely in human history, it is up to each of us to use our time well to create a happier, more peaceful world." — the Dalai Lama.

Glimpse After Glimpse

Daily Reflections on Living and Dying

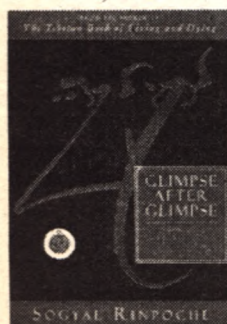
by Sogyal Rinpoche

\$12.00. 370 pp. paper. ISBN 0062511262.

HarperSF

"Sometimes we have fleeting glimpses of the nature of mind. These can be inspired by an exalting piece of music, by the serene happiness we sometimes feel in nature, or by the most ordinary everyday situation ... But then, modern culture gives us no context or framework in which to comprehend them. Worse still ... we are told in both obvious and subtle ways to shut them out ... this is perhaps the darkest and most disturbing aspect of modern civilization — its ignorance and repression of who we really are."

— Sogyal Rinpoche



We all have to die, although no one knows when it will happen. We may try to forget about death and enjoy our lives, but ultimately, that leaves us in a state of denial. So is it possible to live with an awareness of death without becoming morbid or fatalistic? Could we be serene and cheerful about it? Could it be that death is actually an opportunity for transformation, if

we are prepared? And could it also be that our own true self — who we really are — is much greater than our concepts about "life" and "death"? In this collection of reflections (inspired by his *Tibetan Book of Living and Dying*), Tibetan Buddhist Master Sogyal Rinpoche invites us to explore these questions and discover the answers within our own experience. With a reflection for each day of the year, he reminds us that we can accept death — and life — with confidence, and even a sense of humor. The key is the practice of

EDITOR'S CHOICE

sitting meditation, through which we discover that our true being is altogether different than we may have thought — and a source of strength and inspiration. Many people have trouble beginning (or continuing) a practice of meditation because of the thoughts and emotions that seem to constantly fill our minds. However, Sogyal Rinpoche suggests a number of ways to discover a sense of inner stillness and inspiration, and comments that these states of mind often occur spontaneously. He also explains how meditation doesn't involve wrestling our minds to a standstill; we need only discover the "gaps" (which occur on their own) in our mind's activity. Ultimately, we can live well, die well and be of service to those around us by discovering the riches of our natural inheritance — and that is our own mind. If you are interested in this path, the daily reflection format of this book will help you make it part of your life.

"You will find all your negativity disarmed, your aggression dissolved, and your confusion evaporating slowly like mist into the vast and stainless sky of your absolute nature."

— Sogyal Rinpoche

Inside Tibetan Buddhism

Rituals and Symbols Revealed

By Robert Thurman

20.00. 110 pp. paper. ISBN 0006382991.

Collins

"Enlightenment is the perception of the natural freedom and perfection of all things, born of the ultimate 'Eureka!' experience — the universal bliss of understanding the whole of reality." — Robert Thurman.



The experience of enlightenment — the goal of Buddhist practice — may seem far from the ordinary experience we have of ourselves and the world. However, Tibetan Buddhism teaches a series of visualizations, rituals and symbols that enable us to bridge this apparent gap and transform our experience. This unique and invaluable book leads the reader through the whole process of these practices with photographs (many in color) depicting both Tibetan Buddhist ceremonies and the symbols one visualizes in meditation. Then Robert Thurman, a leading Buddhist scholar and close associate of the Dalai Lama, explains the meaning of these practices and the Buddhist under-

standing of life they express. Although Westerners may be fascinated by Tibetan culture, this book encourages us to go beyond fascination to see how the Tibetan Buddhist teachings speak to all of us as human beings. Tibetan Buddhist teachings are now an "open secret;" this book is an important step in making these teachings available to those who wish to learn and/or benefit from them.

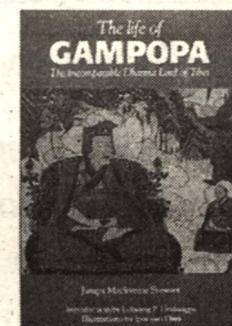
The Life of Gampopa

The Incomparable Dharma Lord of Tibet

By Jampa Mackenzie Stewart

\$12.95. 192 pp. paper. ISBN 1559390387.

Snow Lion



In Tibetan Buddhism, biographies of spiritual masters have been written to demonstrate the accomplishments that come from spiritual practice. While many Western readers are familiar with the Yogi Milarepa, this is the story of Gampopa, Milarepa's main disciple and "heart son." He had over 50,000 students and was responsible for the spread of one of Tibetan Buddhism's major lineages. His life story reveals how spiritual teachings are transmitted from guru to disciple, and much about the esoteric teachings of Tibetan Buddhism. As he practiced under Milarepa's guidance, Gampopa had a

Audio Best Sellers: Music, Spoken Word & Subliminal

THESE LISTINGS REFLECT SALES FOR SEPTEMBER, 1995

CD — MUSIC BEST SELLERS:

1. **Inner Peace: Steven Halpern.**
\$15.98 ISBN 9379178502.
2. **Sacred Chants of Tibet: Shartse Monks.**
\$15.98 ISBN 999008596X.
3. **Music for Zen Meditation: Tony Scott.**
\$15.98 ISBN 9990020434.
4. **Island of Bows: R. Carlos Nakai.**
\$15.98. ISBN 2933770182.
5. **Healing — Spiritual Environment 1: Anugama.**
\$16.98 ISBN 9990107203.
6. **Shamanic Dream — Spiritual Environment 3: Anugama.** \$16.98 ISBN 9990107246.
7. **Gifts of the Angels: Steven Halpern.**
\$15.98 ISBN 9379178552.
8. **Flamenco Mystico: Gino D'Auri.**
\$16.98 ISBN 9990159391.
9. **Sacred Spirits: Sacred Spirit.**
\$17.98. ISBN 2438403522.
10. **One Hand Clapping — Tibetan Bells w/Environment: One Hand Clapping.** \$16.98 ISBN 9990091897.

CASSETTE — MUSIC BEST SELLERS:

1. **Gifts of the Angels: Steven Halpern.**
\$9.98. ISBN 9379178554.
2. **Sacred Chants of Tibet: Shartse Monks.**
\$9.98. ISBN 9990085684
3. **Inner Peace: Steven Halpern.**
\$9.98. ISBN 9379178504.
4. **Flamenco Mystico: Gino D'Auri.**
\$9.98. ISBN 999015936X.
5. **Music for Zen Meditation: Tony Scott.**
\$10.98. ISBN 9990015066
6. **One Hand Clapping — Tibetan Bells w/Environment: One Hand Clapping.** \$10.98. ISBN 9990091889.
7. **Mystical Chants (SMC5118): Vienna Hofburgkapelle.**
\$3.25. ISBN 8464651184.
8. **Concert of Angels: Asha (Denis Quinn).**
\$10.98. ISBN 1826410239.

9. Chant: Benedictine Monks of Santo Domingo.

\$10.98. ISBN 9990196648.

10. Celtic Legacy — A Global Celtic Journey:

Narada Collection Series.

\$9.98. ISBN 8361639164.

CASSETTE — SPOKEN WORD BEST SELLERS:

1. **Seven Spiritual Laws of Success: Deepak Chopra.**
\$11.95. ISBN 1878424165.
2. **The Return of Merlin: Deepak Chopra.**
\$17.00. ISBN 0679443037.
3. **Creative Visualization (Meditations): Shakti Gawain.**
\$10.95. ISBN 0931432235.
4. **Celestine Prophecy — An Adventure: James Redfield.** \$17.00. ISBN 1570421048.
5. **Higher Self: Deepak Chopra.**
\$16.00. ISBN 0671870289.
6. **Creative Visualization (new ed. unabridged): Shakti Gawain.**
\$16.95. ISBN 1880032619.
7. **Meditations for Manifesting: Wayne W. Dyer.**
\$10.00. ISBN 1561703133.
8. **Creating Affluence: Deepak Chopra.**
\$11.95. ISBN 1878424017.
9. **Celestine Prophecy — An Experimental Guide: James Redfield.** \$12.00. ISBN 1570422826.
10. **Enlightenment Tape — Hypnosis/Visualization: Bernard Gunther.** \$12.00. ISBN 9990118760.

CASSETTE — SUBLIMINAL BEST SELLERS:

1. **Self-Esteem — Subliminal Mastery Series: Louise L. Hay.** \$10.00. ISBN 0937611751.
2. **Self-Healing — Subliminal Mastery Series: Louise L. Hay.** \$10.00. ISBN 0937611743.
3. **Sleep Soundly — Audioactive Subliminal: Steven Halpern.** \$9.98. ISBN 1878625055.
4. **Abundance — A Sack of Polished Emeralds: Stuart Wilde.** \$11.95. ISBN 0930603281.
5. **Attracting Perfect Love (Subliminal & Alpha): Dick Sutphen.** \$10.98. ISBN 087554293X.

TIBETAN BUDDHISM

number of powerful visions and experiences. However, Milarepa warned him not to fixate on these experiences, which fell short of the enlightenment he eventually realized. (In fact, Milarepa said, some experiences merely represented energy imbalances.) The lineage of Milarepa and Gampopa (the Kagyu) emphasizes meditation practice over philosophy as the means to enlightenment. This biography includes stories of miracles accomplished by these enlightened masters, and

accounts of "wild yogis" whose "free" lives sometimes shocked their contemporaries. Finally, the book also includes a brief history of the Kagyu teaching of Tibetan Buddhism and an explanation of its ultimate teaching — "Mahamudra" — described by the author as "the unceasing experience of the true nature of mind." Compiled from traditional sources, *The Life of Gampopa* provides a vivid picture of Tibetan Buddhist practice through the life story of one of its greatest masters.

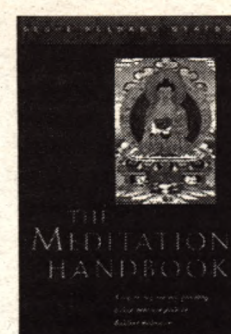
The Meditation Handbook

A Step-by-Step Manual, Providing a Clear, Practical Guide to Buddhist Meditation.

By Geshe Kelsang Gyatso

\$9.95. paper. ISBN 0948006307. Tharpa

Tibetan Buddhism teaches that everyone wants to be happy, and that happiness depends on our own minds. If our minds are peaceful and calm, we can be happy even in bad situations. But if our minds are upset, we can't even enjoy a beautiful day. This book presents a series



of 21 meditations that transform one's mind into a source of happiness. Through these meditations, we can more clearly understand our situation as human beings, why we suffer or have difficulties and how we can free ourselves from these problems. As we progress, we see the close connections between all living beings, become more compassionate, and experience insights that enable us to benefit others, as well as ourselves. The book includes suggestions for those interested in doing a retreat in order to go deeply into these meditations. However, simply reading the book provides a good understanding of Tibetan Buddhist teachings about karma, rebirth, the spiritual path and the state of enlightenment. Geshe Kelsang Gyatso was born in Tibet and has lived in England since 1977. He has founded meditation centers around the world, including one in Los Angeles.

The Power of Compassion

by His Holiness the XIV Dalai Lama

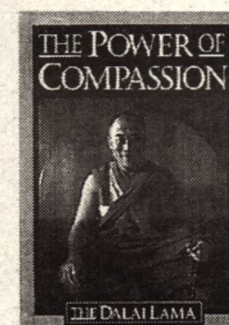
\$12.00. 215 pp. cloth. ISBN 0722532105.

Thorsons

Question to the Dalai Lama: "What do you feel about blind faith in order to reach enlightenment?"

Answer: "I don't think one can get too far!"

Religion has gotten a bad name. Many people feel that it runs contrary to reason and science, and imposes rules that have no relevance to the modern world. One might wonder what the Dalai Lama — who is sometimes seen as a sort of icon — could contribute to the discussion, since he speaks for the centuries-old tradition of Tibetan Buddhism. However,



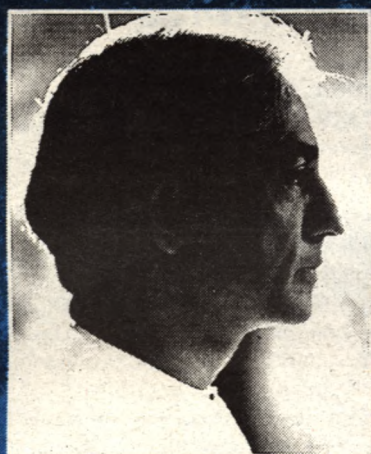
readers of this collection of his talks (given in England in 1993) will discover a spiritual path based on reason — the ultimate goal being universal human happiness. That's not to mention a religious leader

with a sense of humor (who sometimes says "I don't know!") and a man who feels optimistic about the ability of human beings to change for the better, even though he is no stranger to the horrors of the twentieth century. Compassion, says the Dalai Lama, is a fundamental part of human nature; if we look beneath the surface of life to see how all lives are interrelated, we will realize that compassion is the rational response to how life is. In this way, he urges us to bring together two sides of our nature — rational analysis and human feeling — as the way to inner peace. These talks provide a good overview of Tibetan Buddhist teachings, including the teaching of "emptiness" that cuts through to the source of our fundamental problems — our misunderstanding of how things are. The second half of the book is devoted to sessions where the Dalai Lama answers questions which touch on personal concerns and social issues as well as Buddhist teachings. While he is the political and religious leader of the Tibetans in exile,

"What an extraordinary book this is -

enlightening, spiritual and inspirational. Evelyne Blau writes with such clarity and insight, she is a joy to read, and she brings Krishnamurti, the great Indian teacher, to life so superbly one regrets never having met him... I found the book hard to put down. It resonates with such a sense of peace, beauty, wisdom and truth. Superbly designed, it is restful to look at and to read. We need Krishnamurti today."

— Barbara Taylor Bradford, Author of *A Woman of Substance*



K R I S H N A M U R T I

1 0 0 y e a r s

EVELYNE BLAU

This beautiful & visionary biography, illustrated with over 130 archival photographs, celebrates the centennial year of Krishnamurti's birth and features recollections from people whose lives were transformed by this remarkable teacher.

During a life that spanned much of the 20th Century, Krishnamurti (1895-1986) impacted many leading figures as diverse as G.B. Shaw, Joseph Campbell, Van Morrison and Deepak Chopra.

"A reverential tribute ..."

— Publishers Weekly

"This stunning book presents us with an overview of the entire life of Krishnamurti." — *The Bodhi Tree Bookstore Quarterly*

Stewart, Tabori & Chang \$29.95

ISBN 1-55670-407-0

ZEN BUDDHISM TO CHANNELED MATERIAL

the Dalai Lama has also become known as a spokesperson for the causes of human kindness, rationality, and mutual understanding between the various religions. These talks and dialogues provide an excellent introduction to a great yet unassuming teacher, who is also very much in touch with the modern world.

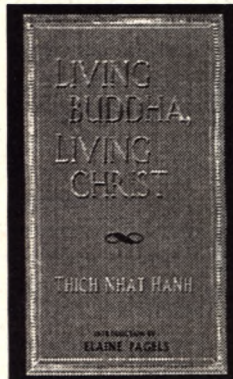
Zen Buddhism

Living Buddha, Living Christ

By Thich Nhat Hanh

With an Introduction by Elaine Pagels

\$20.00. 208 pp. cloth. ISBN 1573220183



What is religion? Is it a system of ideas and beliefs? Or a collection of forms and rituals that have lost their meaning? In *Living Buddha, Living Christ*, we see religion through the eyes of the Buddhist monk Thich Nhat Hanh. He writes

that "If religions are authentic, they contain the same elements of stability, joy, peace, understanding, and love . . . They differ only in terms of emphasis." Nhat Hanh's focus is always on our actual experience — how we see and hear; and our actual way of being — how we walk, sit or smile. His religion cannot be captured by ideas or dogma; it must be lived. In this way, he finds many parallels between the lives and teachings of Christ and the Buddha. His concern is not with whether we speak about "the Kingdom of God" or about "Nirvana"; he only wants us to discover this peace and happiness in our daily lives. Those disillusioned with religious

EDITOR'S CHOICE

dogmatism may find this book quite refreshing, since Nhat Hanh insists that religions — including his own — must change and grow. He writes that "A true teaching is not static," and that we must consider the situation in which any religious teaching was given. Some Christians may be uncomfortable with Nhat Hanh's suggestion that the practice of mindfulness can bring new life to the rite of Communion, but others will appreciate his way of seeing this sacrament as a living reality. Similarly, Buddhists may be interested in his discovery that Greek Orthodox teachings closely parallel the writings of the great Buddhist teacher Nagarjuna. Nhat Hanh observes that there is a spiritual emptiness to modern society which we try to fill by "eating, drinking, watching TV, going to movies, and even overworking. "We absorb so much violence and insecurity every day," he writes, "that we are like time bombs ready to explode." However, he insists that we can renew ourselves, and that the ways to this renewal already exist. "In each of us is a seed of understanding. That seed is God. It is also the Buddha."

— Thich Nhat Hanh.

Thich Nhat Hahn is the author of several other seminal books, such as: *Peace Is Every Step* \$9.95 paper Bantam; *Miracle of Mindfulness* \$11.00 paper Beacon; *Zen Keys: A Guide To Zen Practice* \$11.00 paper Doubleday; *Being Peace* \$10.00 paper Parallax Press; and *Miracle of Being Awake* \$1.95 paper. Buddhist Publication Society.

Wild Ways

Zen Poems of Ikkyu

By Ikkyu, Translated by John Stevens

\$11.00. 131 pp. 4" x 5" paper.

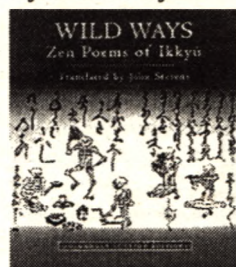
ISBN 1570620741. Shambhala

"Forests and fields, rocks and weeds — my true companions.

The wild ways of the crazy cloud will never change.

People think I'm mad but I don't care:

If I'm a demon here on earth, there is no need to fear the hereafter." — Ikkyu.



The Japanese Zen Master Ikkyu is a unique and remarkable figure in the history of Zen. Ikkyu became disgusted with the religious establishment of his time (the 15th

century), which he felt was more interested in fame and fortune than enlightenment. So, although he was often asked to be head priest of various temples, he spent his time either meditating in mountain retreats, traveling with beggars — or making love in brothels. He was also known for defending the poor against greedy landlords. On one occasion, he took money intended for a rich man's funeral and gave it to the homeless. This same Ikkyu also met several times with the retired emperor of Japan, and had a profound impact on the artistic life of the time through his poetry, painting, tea ceremony and Noh drama. At the age of 80, he became abbot of one of Japan's greatest monasteries, Daitokuji, which had been previously destroyed in a war but which Ikkyu rebuilt within seven years. In these poems, we hear Ikkyu protesting the hypocrisy and corruption of his time — and his own periodic lack of self control. He also writes of his understanding of Zen, his unfettered way of life, his appreciation of nature, and (last but not least), the joys and sorrows of sexual love. His poems are the words of one of the world's great free spirits, and the expression of the irrepressible creativity of Zen.

"A sex-loving monk, you object!

Hot-blooded and passionate, totally aroused.

Remember, though, that lust can consume all passion,

Transmuting base metal into pure gold."

— Ikkyu

Calendars

1996 Path of Transformation Weekly Engagement Calendar

By Shakti Gawain

\$12.95. week per spread, spiral bound engagement book. ISBN 1561702110.

Hay House.



Compiled by the beloved author of *Creative Visualization*, here's a full color, illustrated date-book with a pertinent meditation for every week. Every year brings risk and uncertainty in our relationships, our work, finances, health and our search for fulfillment. Even the planet faces a crisis. Yet in every difficulty lies the potential for heal-

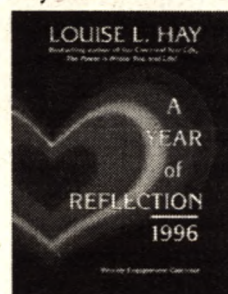
ing, growth and wisdom: We all have the power to transform our lives, and make a difference in the world as well. Shakti Gawain's inspirational words are as comforting and strengthening as a wise friend's support in these challenging times.

Just as looking into the bathroom mirror in the morning allows us to see our faces and physical bodies, so the mirrors that are provided by our experiences of the external world can allow us to become more aware of our own deepest beliefs, thoughts and feeling patterns . . . So we can learn what needs to be healed in our own awareness.

1996 A Year of Reflection Weekly Engagement Calendar

By Louise L. Hay

\$12.95. week per spread, spiral bound engagement book. ISBN 1561701300. Hay House.



Designed along the same lines as Shakti Gawain's inspirational datebook (see above) this week per spread calendar features guidance from the inimitable Louise Hay. As author of fifteen books (including the perennial *You Can Heal Your Life*), this metaphysical teacher and minister in Science of Mind has assisted thousands in discovering the full potential of their own creative powers for personal growth and self-healing. This collection of her wisdoms (there's one for every week) focuses on reflection and meditation as Hay encourages us to reconnect with our inner source.

Don't settle for anybody just to have someone. Set your standards. What kind of love do you want to attract? List the qualities you want in a relationship. Develop those qualities in yourself, and you will attract a person who has them.

Celestial Influences 1996 Wall Calendar

\$9.95. 48 pp. paper. ISBN 0930356047.

Quicksilver Productions.



This calendar is 8-1/2" x 11" and opens to 11" x 17". The zodiac months are set-off with a gray tint and the zodiac illustrations are in full color. Besides full astrological information, it has guides for planting by the moon, planet visibility, and tables of sunrise and sunset. Pacific Time.

and the corresponding, small, easy-to-carry pocket sized version of the *Celestial Influences Wall Calendar*,

Pocket Astrologer

\$4.95. 64 pp. paper. ISBN 0930356063.

4-1/4" x 5-1/2".

Llewellyn's 1996 Astrological Calendar

\$12.00. paper. ISBN 1561789172.

Llewellyn

Full color illustrations on glossy paper. 13" x 10" folded and 13" x 20" open. This calendar contains complete astrological information for every day of the year. Includes articles on international trends,



lunar gardening, travel and financial planning, and celestial phenomena. All times are in Eastern Standard Time. The monthly ephemeris is set for Midnight, GMT.

Channeled Material

Agartha

A Journey to the Stars

By Meredith Young-Sowers

\$14.95. 358 pp. paper. ISBN 1883478049. Stillpoint



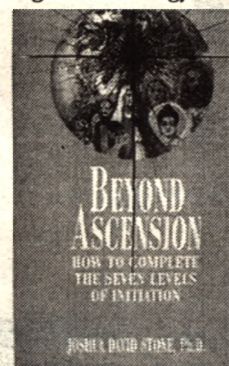
Featuring all-new material, this special Tenth Anniversary Edition presents the thoughts and wisdom of Mentor in a new, expanded format. You'll learn ways to listen to your body to facilitate healing, to balance the emotions, and to awaken the powerful energy of your soul. And this energy will guide you effectively and lovingly through physical life and beyond, into the subsequent spiritual realms. Meditations, exercises using personal harmonic vibrations, and communications with nature help to bring you closer to the vibrant world of the spirit, and Young-Sowers guides you gently and capably there.

Beyond Ascension

How to Complete the Seven Levels of Initiation

By Joshua David Stone, Ph.D.

\$14.95. 280 pp. paper. ISBN 092938573X. Light Technology Publishing



Here's a book that completely demystifies the seven levels of initiation and how to attain them. It's an advanced guide to a difficult and demanding process, but one that is designed to help you attain liberation, self-realization and salvation for yourself and for all sentient beings. Inspired by the channeled energies of Melchizedek, Stone covers topics such as "The Core Fear Matrix Removal Program," "The 24 Dimensions of Reality" and "The Ultimate Ascension Meditation." This is book three of the increasingly popular *Easy to Read Encyclopedia of the Spiritual Path* and is recommended to readers already familiar with Stone's previous Ascension materials.

Conversations With God

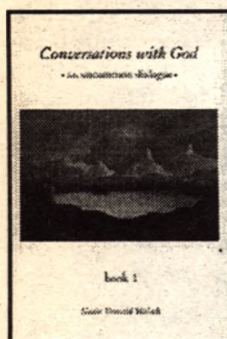
An Uncommon Dialogue

By Neale Donald Walsch

\$11.95. 210 pp. paper. ISBN 1571740252. Hampton Roads

This book addresses most of the important questions we might ask about life and love, people and relationships, good and

CHILD BIRTH TO CHRISTIANITY



evil, the path to God and the road to Hell. God doesn't only speak to saints and sages, says Walsch: God talks to everybody. It was in a journal that the author took the first steps to communication, during a time of personal

Twin Souls and Soulmates

The I Am Presence of St. Germain Channeled Through Azena Ramanda and Claire Heartsong
By St. Germain
\$15.95. 148 pp. paper. ISBN 0646211501. Triad



turmoil that led him to write an anguished "letter to God." To his surprise, God answered, and the result is a sometimes surprising collection of pointed and satisfying wisdom.

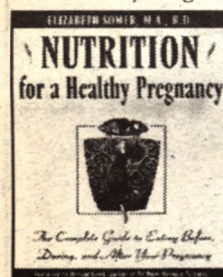
Childbirth

Nutrition for a Healthy Pregnancy

The Complete Guide to Eating Before, During, and After Your Pregnancy

By Elizabeth Somer, M.A., R.D.
\$14.95. 361 pp. paper. ISBN 0805037756. Henry Holt and Company.

"Today, having a healthy baby is mostly up to you. You can minimize the risks and maximize the likelihood of having a healthy baby, a smooth and enjoyable pregnancy, an uncomplicated delivery, and a quick recovery to your 'old' (or even-better) self if you take the time to eat well for you and the precious little person growing inside you." — from Nutrition for a Healthy Pregnancy



Over six hundred scientific articles support the information filling the pages of this comprehensive and reliable reference source for nutrition prior to, during, and following pregnancy. The dietary guidelines presented here will help you design a personal and realistic plan for yourself. It is the first book to present sound dietary guidelines for all aspects of pregnancy, including high-risk situations such as teen preg-

nancy, multiple births, over-forty pregnancy, and HIV-positive pregnancy. The book discusses the role vitamins and minerals

EDITOR'S CHOICE

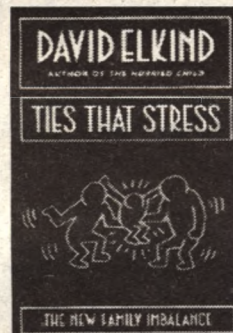
play in your condition, foods to avoid and how diet can help prevent common problems. These include everything from morning sickness and food cravings to heartburn and muscle cramps. Somer also explains how what you eat can affect your labor and delivery, and how, when and even if the father's diet influences conception — and what influence his health has on your baby. You can even plan to become pregnant with the Baby-wise diet. Making yourself as healthy as possible is the best beginning, so step-by-step menus are provided with critical nutrients that help make healthy babies. Somer details specific nutrition for each trimester and includes recipes for healthy snacks and meals during each. Chapter ten, *The Postpregnancy Diet: Regaining Your Figure and Eating for the Next Baby* should not be overlooked. The book includes a glossary, an extensive reference section and a useful index. When you are done with your own baby making, don't let this book sit on the shelf, but pass it along to a friend who is planning to become a mother herself.

Childcare/Education

Ties That Stress

The New Family Imbalance

By David Elkind
\$12.95. 260 pp. paper. ISBN 0674891503. Harvard.



As American society has changed, so has the family. Nowadays families are less restricted than the "modern" family of the forties and fifties, but in many ways the shift has been detrimental to children.

Although adults have to be increasingly available to the larger world to survive in today's economy, for their children, growing up is difficult when family boundaries and values are in such flux. So our postmodern youth must suppress their own needs to accommodate adult expectations that they be independent and autonomous. And they either direct their anger in on themselves or out at the world around them. Interestingly enough, stress reduction and management programs for adults exist in abundance, but few such services exist for their children, except when they display antisocial behavior. If you are a parent, you should read this book. Elkind explores the changing cultural ideas that give rise to contemporary family life, examines the values of today's nuclear family, and discusses the impact of change on every family member. While his book's main focus is on the tragedy of post-modern youth, he does end on a positive note: A new family pattern seems to be emerging which incorporates the best of nuclear and present family life, and it puts the needs of children and adults on equal footing.

Christianity

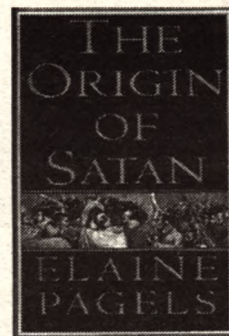
The Origin Of Satan

By Elaine Pagels

\$23.00. cloth. ISBN 0679401407. Random House

"In this book, then, I invite you to consider Satan as a reflection of how we perceive ourselves and those we call 'others.' Satan has, after all, made a kind of profession out of being the 'other'; and so Satan defines negatively what we think of as human."

— Elaine Pagels



The renowned religious historian and author of *The Gnostic Gospels*, and *Adam, Eve and the Serpent* traces the evolution of Satan in this fascinating, intriguing and surprising work. It is a scholarly presentation written so that the nonspecialist (Pagel's term) can follow and understand it. Her search begins with the earliest writings in the Judeo-Christian tradition. Satan is virtually absent from the Hebrew bible. However, among certain first-century Jewish groups, such as the Essenes (who saw themselves as allied with angels) and other followers of Jesus, the figure variously called Satan, Beelzebub, or Belial became important. Pagels suggests that the Gospels of the *New Testament* used this "Satan" figure to portray Jesus's ministry's involvement in the continual struggle between God's spirit and the demons,

EDITOR'S CHOICE

who belong to Satan's "kingdom." From this, Satan, "the other," evolved. What troubles Pagels is the demonization of the "other" in Christian tradition. "Such visions have been incorporated into Christian tradition and have served, among other things, to confirm for Christians their own identification with God and to demonize their opponents — first other Jews, then pagans, and later dissident Christians called heretics. This is what this book is about," she says. "Conflict between groups is, of course, nothing new. What may be new in Western Christian tradition, is how the use of Satan to represent one's enemies lends to conflict a specific kind of moral and religious interpretation, in which 'we' are God's people and 'they' are God's enemies, and ours as well." She discusses the effects of such moralizing in doctrines that perpetuate and justify hatred, and even mass slaughter. The argument over who killed Jesus is also brought into the discussion as theologians try to blame the "other." Throughout the book, Pagels questions the split cosmology in Christian tradition. We divide ourselves between "sons of light," allied with the angels, and "sons of darkness," in league with the power of evil. Pagels hopes her work will help illuminate "the struggle within Christian tradition between the profoundly human view that 'otherness' is evil and the words of Jesus that reconciliation is divine."



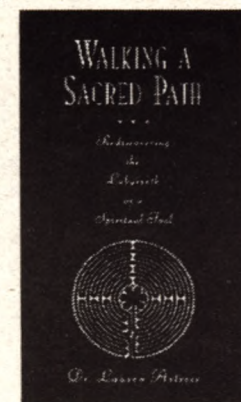
Walking A Sacred Path

Rediscovering the Labyrinth as a Spiritual Tool

By Dr. Lauren Artress

\$18.00. 201 pp. cloth. ISBN 1573220078. Riverhead Books.

"The Great need of our time is for people to be connected to spirit; for people to be connected to a core of feeling in themselves that makes their lives vital and full of meaning, that makes life a mystery evermore to be uncovered." — Harold Stone



During a retreat, Reverend Dr. Lauren Artress stumbled across the labyrinth, which is an ancient mystical tool. The labyrinth is originally part of the Christian tradition, but dropped out of human awareness more than 350 years ago. Rev. Artress is Canon for Special Ministries at Grace Cathedral in San Francisco. She and her church are determined to lead in reclaiming the tradition of the walking meditation. In this book Artress focuses on the classical

EDITOR'S CHOICE

eleven-circuit labyrinth. The best known example of this type is embedded in the floor of Chartres Cathedral in France. Based on the circle, the universal symbol for unity and wholeness, the labyrinth introduces the human imagination to a kaleidoscopic patterning that builds a sense of relationship from one person to another, to many people and to creation as a whole. It enlivens our intuitive nature and stirs within the human heart the longing for connectedness as it reminds us of our purpose for living. *Walking A Sacred Path* shows how to walk the labyrinth's meandering but purposeful path from the edge to the center and back out again. Each labyrinth has only one route, and once you make the choice to enter it, the path becomes a metaphor for your journey through life. In surrendering to the winding path, your soul finds healing and wholeness. At least fifty thousand people have walked the labyrinth in Grace Cathedral that is modeled on the one at Chartres. Rev. Artress also invites you to design and make your own

Witness To Freedom

The Letters of Thomas Merton in Times of Crisis

Selected and edited

by William H. Shannon

\$25.00. 352 pp. cloth. ISBN 0374291918. FSG.

"Only in the Lord's service is there true freedom, as the prophets would tell us. This is still the clear experience of the Jews, as it ought to be of the Christians, except that we were too sure of our freedom and too sure we could never alienate it. Alas, for hundreds of years we have disregarded the fact that we are the children of God and now the whole world is reaping the consequences. If only Christians had valued the freedom of the children of God that was given them. They preferred safety and the Grand Inquisitor."

— To Erich Fromm

"Merton's life was a struggle for freedom and his writings were an articulation

COURSE IN MIRACLES

THOMAS MERTON

Witness to Freedom
LETTERS IN
TIMES OF CRISIS

of that struggle. It was chiefly in the way he lived and in what he wrote that he was a living witness to freedom, perhaps one of the great witnesses of our century," says William H. Shannon, in the introduction to this stunning and important book. For Thomas Merton freedom was grounded in faith. "To defend one's

EDITOR'S CHOICE

faith is to defend one's freedom, and at least implicitly the freedom of everyone else." He meant that everyone has the right to his or her own "yes" or "no," unhindered by forces from the outside, including the state, a political party, corporations, or institutions. Merton believed that it was this kind of freedom that defined true art and authentic writing. The letters in this book deal with critical periods in Merton's own life and vocation, about which many rumors and half-truths were being circulated. They will give you, for the first time and in his own words, the true details and the behind-the-scenes facts of his life. The letters include the following categories: art and freedom; war and freedom; Merton's life and works; and Merton's thoughts about some aspects of religion and religious dialogue. The book includes letters to ecologist Rachel Carson; artist and type designer Victor Hammer; Merton's friend and agent Naomi Burton Stone; his teacher Mark Van Doren; the Canadian philosopher Leslie Dewar; the French Arabic scholar Louis Massignou, as well as the latter's young disciple Herbert Mason; and other correspondents, some famous and some unknown. Also included is a courageous open letter to the American hierarchy on the issue of war. Merton was a great anti-war advocate who believed that the act, or even the threat of war made freedom impossible. He writes, "War destroys the freedom of its victims and blinds the freedom of its 'victors.'" This is a book everyone should read before the end of the millennium.

Course In Miracles

Gifts From A Course In Miracles

Accept This Gift, A Gift of Peace, A Gift of Healing

Edited by Frances Vaughan, Ph.D., and Roger Walsh, M.D., Ph.D.

Foreword by Marianne Williamson

\$14.95. 336 pp. paper. ISBN 0874778034. Tarcher/Putnam.

GIFTS FROM
A COURSE
IN MIRACLES



Accept This Gift
A Gift of Peace
A Gift of Healing

EDITED BY
Frances Vaughan, Ph.D., and
Roger Walsh, M.D., Ph.D.
FOREWORD BY MARIANNE WILLIAMSON

Since its original publication in 1976, the philosophical depth, psychological insight, and spiritual guidance of the *Course* have

been an extraordinary treasure of wisdom for millions of readers worldwide. The language of the *Course* is exceptionally poetic and contains a wealth of succinct, powerful, and moving aphorisms. This collection is illustrated with more than 125 black-and-white photographs by award-winning photographer Jane English.

Illuminata

A Return To Prayer

By Marianne Williamson

\$9.61 until Jan. 1, 1996 (\$12.00 list). 300

pp. paper. ISBN 1573225207. Riverhead Books

\$15.98 until Jan. 1, 1996 (\$20.00 list).

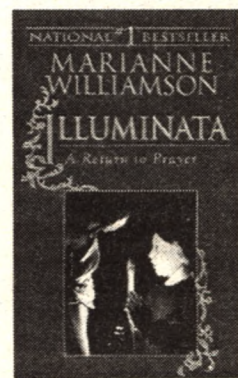
cloth. ISBN 0679435506. Random House

And the companion audio cassette and CD,

\$12.00. 1 cassette. ISBN 067943660X.

Times Warner Audio.

\$15.00. CD. ISBN 0679437991.



This remarkable book is an exceptionally inspiring resource for contemporary prayer and meditation. As an ecumenical book of common prayer for all faiths, *Illuminata* gives us a way to incorporate the spiritual themes of *A Return to Love*

into daily life and helps us to return to prayer. These prayers help us release anger, find forgiveness, achieve intimacy and mend relationships. There are prayers for couples, parents, and children; prayers to heal the soul and body, to free us from addiction, to inspire our work and creativity. Each section begins with a stunningly written expository which sets the tone and the inspiration for the prayers that follow. The book is elegantly designed with two-color throughout. It is a true gift of prayer.

Prayer For The Earth

Dear God,

Please bless and protect this sacred jewel,
Our vulnerable planet so besieged.

May the rivers and the oceans and the sky
and the land

All be repaired somehow, dear Lord

May the barbarism end, which threatens to
destroy our priceless treasure.

For surely the earth has been our home,
The home of our parents unto all generations.

For the sake of our children, Lord,
Save this earth.

Place in all minds a greater awe before her
mysteries.

Shield her and heal her wounds,
restore her to her former glory.

Save her, Lord, from us.

Amen.

Marianne Williamson

We stock more than 50 audio cassette titles of Marianne Williamson's lectures on *A Course In Miracles*. A complete list is available upon request. Other fine books by Marianne Williamson are:

A Return To Love

Reflections on the Principles of A Course in Miracles

\$12.00. paper. ISBN 0-060-92341-5.

HarperCollins.

\$5.99. paper. ISBN 0-061-09290-8.

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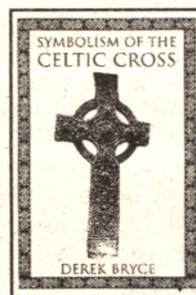
SHAMBHALA PUBLICATIONS INC. DISTRIBUTED BY RANDOM HOUSE

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A book about the practice of love as a daily answer to the problems that confront us.

A Woman's Worth

By Marianne Williamson

\$10.00. paper. ISBN 0345386574.

Random House

\$17.00. cloth. ISBN 0679422188.

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In this testimony of her own experience as a woman on the spiritual path, Marianne Williamson addresses the questions of women who would like to "have it all" but who are held back by low self esteem, lack of a support system and centuries of prejudice.

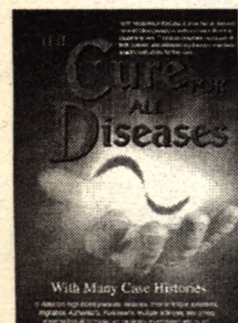
Diet & Health

The Cure for All Diseases

By Hulda Regehr Clark, Ph.D., N.D.

\$21.95. 596 pp. paper. ISBN 1887314024.

ProMotion Publishing.



Independent research scientist Hulda Regehr claims that there are only two health problems which cause disease: pollutants and parasites. And the cure for all of them comes from electronic treatment or straight avoidance. In 1988 she discovered a method — based on radio electronic principles — to scan body organs in a new way. She also discovered that there were uncanny commonalities in various diseases. For example, in every case of the "mysterious" disease diabetes, she found the not-so-mysterious parasite Eurytrema, and the fairly common pollutant wood alcohol. Similarly, she found specific parasites and/or pollutants at work in cancer, HIV, Alzheimer's, chronic fatigue syndrome, migraines and others. The author believes — and new research findings show — that all diseases have simple explanations and cures once their true cause is known. It's an interesting premise, and perhaps worth investigating. Clark goes beyond explaining how disease works. She even argues that *electricity* can now be used to kill bacteria and viruses in minutes, so that we can be cured almost immediately.

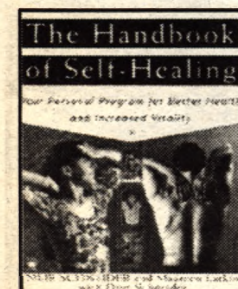
The Handbook of Self-Healing

Your Personal Program for Better Health and Increased Vitality

By Meir Schneider and Maureen Larkin

\$16.95. 398 pp. paper. ISBN 0140193316.

Arkana



Schneider's focus is on kinesthetic awareness, the physical, sensory, cognition of our own bodies which is the key to good health. Illness often develops because our kinesthetic awareness is lost. We've become so detached from ourselves that about 85 percent of our cur-

rent diseases are lifestyle-related. Yet we still try to solve our health problems with drugs, even though they have side effects, mask symptoms or engender dependency. This book is filled with ways to get more in touch with our physical selves, using both our bodies and minds. Self-healing is

EDITOR'S CHOICE

based upon movement, or the proper use of the body, which contains within itself just about every tool it needs to heal itself. Schneider shows how to change the body's condition — from tense to relaxed, from rigid to mobile, from numb to fully alive. Part one covers in detail the various functions of the body, from breathing to vision, and part two discusses various methods for healing or enhancement of health. The book is large format, simple to read, and each section is easy to access.

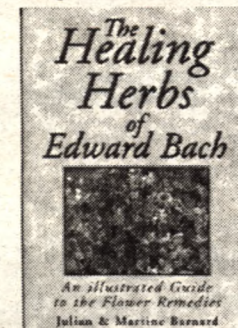
The Healing Herbs of Edward Bach

An Illustrated Guide to the Bach Flower Remedies

By Julian & Martine Barnard

\$15.00. 187 pp. paper. ISBN 1853980862.

Ashgrove Press



Dr. Bach's famous flower remedies are based on the discovery that every flower embodies the positive and harmonizing force to counteract a particular negative emotional state. Julian and Martine Barnard are among the world's leading experts on the Bach remedies, and their immense experience is evident in this edition, which describes and illustrates — in color — the 38 remedies chosen by Dr. Bach as natural healers. Flower essences, once diluted, can be used to conduct a healing force by the user. And this book also provides the necessary technical information for those wishing to make the remedies themselves. The photographs can be used in diagnosis, because the pictures are intended to represent the feeling of the remedy as well as provide the reader with an illustration. There's also a table of flowering times but, since this is an English publication, Americans will have to adapt the information. The main text falls into 38 sections, one for each essence, and besides describing the flowers, outlines Bach's motivation for choosing them. In the end, the Barnard's approach is unique. They put the plant first, before the flower essence. By doing that, they encourage practitioners to understand each flower's gesture and how it "speaks" of the remedy to which it corresponds.

NEW IN PAPERBACK

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The Healing Herbs

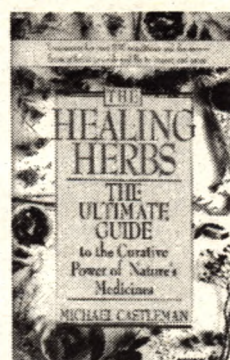
The Ultimate Guide to the Curative Power of Nature's Medicines

By Michael Castleman

\$6.99. 641 pp. paper. ISBN 0553569880.

Bantam.

Westerners concede herbal healing's leading role in Third World health care, but say it's obsolete in today's laboratory-based medicine. That's hardly the case.



Not only do 25 percent of all prescriptions still contain active ingredients derived from plants, but such everyday things as the parsley on our dinner plates, our peppermint toothpaste and our cherry cough syrup all evolved from effective herbal remedies. *The Healing Herbs* provides everything you need to use medicinal plants confidently, effectively and safely. It examines 100 herbs used in traditional healing, traces their history, folklore and medicinal use, and summarizes the latest scientific research on their many benefits. This accessible, A-Z guide, which outlines treatments for everything from arthritis to ulcers, is an excellent reference to keep close at hand. Did you know that coca-cola began as an attempt to develop an herbal remedy? It's base ingredient, the kola-nut, is traditionally used to treat respiratory ailments.

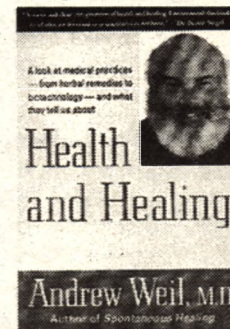
Health and Healing

A look at medical practices — from herbal remedies to biotechnology — and what they tell us about.

By Andrew Weil, M.D.

\$11.95. 296 pp. paper. ISBN 0395731003.

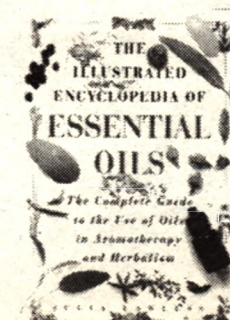
Houghton Mifflin.



First published in 1983, but now with a new preface, Andrew Weil's introduction to the alternative health practices available to modern Americans is still an invaluable and relevant guide. While the cost of conventional health care continues to soar, as many as a third of all patients now consider alternative therapies. But the choices can be bewildering. Here Weil lays down as a foundation his own philosophy that healing responses originate within us rather than without. Then he provides information on homeopathy, osteopathy, chiropractic, naturopathy, Chinese medicine, shamanism, faith and psychic healing and much more. *Health and Healing* won the American Health Book of the Year Award and the Medical Self-Care Book Award. That's proof that Weil is not only an intelligent healer, but an inspiring writer as well.

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The Illustrated Encyclopedia of Essential Oils

The Complete Guide to the Use of Aromatics in Aromatherapy and Herbalism

By Julia Lawless

\$18.95. paper.

ISBN

1852307218.

Element

"At last, a clear and systematic distilla-

tion and useful information about a truly comprehensive spectrum of essential oils and absolutes... an invaluable reference for the aromatherapist." — John Steele, American Aromatherapy Association. The best-selling and best-loved book on essential oils has just been improved! Now illustrated in full-color throughout, this indispensable reference work contains extensive information about 165 herbs and essential oils, which makes it essential for all who are interested in natural healing.

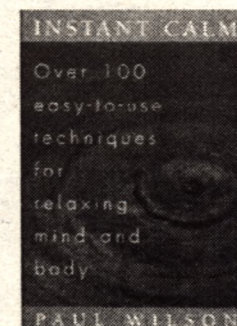
Instant Calm

Over 100 easy-to-use techniques for relaxing mind and body

By Paul Wilson

\$10.95. 322 pp. paper. ISBN 0452274338.

Plume.



In his previous book *The Calm Technique*, Paul Wilson presented a long-term lifestyle approach to treating stress and tension. While all-around good health depends on the body's ability to heal itself, there can be no healing process while anxiety, fear or depression stand in the way. Yet any means we can employ to eliminate these negatives — even solutions that have no long-term curative roles — have to be good for us. Besides being crammed with immediate cures, this book devotes a section to life-style adjustments for managing stress in your life. It's about crisis control, restoring your sense of well-being when things go wrong and helping you to feel better when, under normal circumstances, you could feel terrible. Wilson teaches you breathing techniques, yoga poses, stretches, affirmations, visualizations, self-hypnosis techniques, muscle releases...with knowledge and preparation, there are many effective options.

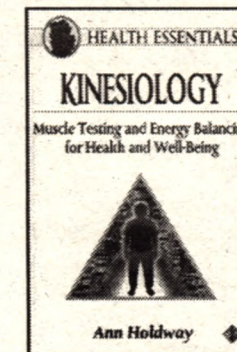
Kinesiology

Muscle Testing and Energy Balancing for Health and Well-Being

By Ann Holdway

\$9.95. 120 pp. paper. ISBN 1852304332.

Element.



The term "kinesiology" used to refer to the study of muscles and movement in the body, but nowadays it describes a natural health system which is based on manual muscle testing. It links traditional Chinese ideas of energy flow — found in acupuncture and acupressure — with Western style muscle testing. The idea is to bring about balance in the body's energy systems by removing toxins, relieving energy blockages, reducing tension and enhancing the body's natural healing ability. Kinesiology can relieve your aches, chronic pains and everyday stress, detect allergies, increase energy, strengthen immunity and tap your hidden potential. This compact book will introduce you to this ever popular therapy, advise you where to go for more information, give you some insight

EASTERN MEDICINE & HEALING

into how kinesiology can help, explain what to expect from a treatment, provide you with an overview of the different branches of kinesiology, and give direction to those who want to learn more.

The Kripalu Cookbook

Gourmet Vegetarian Recipes

By Atma JoAnn Levitt

\$16.95. 446 pp. paper. ISBN 0936399651. Berkshire House.



The Kripalu Center for Yoga and Health is a community dedicated to yoga and hearty living. Their whole food cookbook uses only whole grains, fresh produce, beans, nuts and

seeds, and natural sweeteners in its pursuit of good health. By using whole foods, we benefit from all the vitamins, minerals and other nutrients that otherwise get lost in the commercial hulling process. Levitt's recipes avoid animal products except for small amounts of milk and butter and an occasional egg. There's no need to envision yourself serving bland, unappetizing foods in the effort to keep healthy, because this book offers everything from bright casseroles to desserts that are deceptively sublime, yet low-fat. Included are chapters on low-calorie cooking, catering to crowds, meals for kids and sections on menu planning as well as cooking tips for the chef. Does it all taste good? This reviewer thinks so. Try the "Basmati Rice Pudding", and you'll be smitten forever.

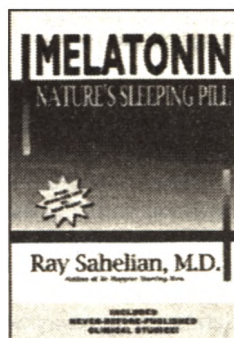
Melatonin

Nature's Sleeping Pill

By Ray Sahelian, M.D.

\$13.95. 144 pp. paper. ISBN 0963975579. Be Happier Press

A chemical produced by the pineal gland, melatonin is a natural hormone available in health food stores without a prescription. You may have heard about its benefits: deeper sleep, vivid dreams, and a 'miracle' cure for jet lag. As an



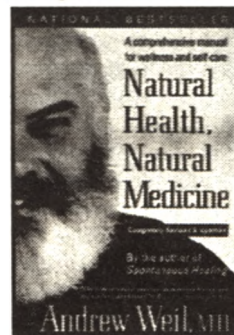
research it for yourself. This new book includes never-before published clinical studies, results of surveys, and research from hundreds of journal articles from all over the world.

Natural Health, Natural Medicine

A Comprehensive Manual for Wellness and Self-Care

By Andrew Weil, M.D.

\$11.95. 370 pp. paper. ISBN 0395730996. Houghton Mifflin.



In his introduction, Andrew Weil puts it succinctly: "This book is a complete guide to preventative health maintenance plus suggestions for treating many common ailments on your own with methods that are safe, natural, effective, and not as expensive as standard medical treatments." A complete dependence on allopathic medicine can actually compromise your long-term good health. Dr. Weil is one of the world's leading authorities on natural

therapies and mind-body interactions, and this revised edition of his landmark book reflects the latest findings in alternative medicine. Part one gives you basic information about designing a healthy lifestyle. Part two offers specific advice for maintaining the immune system, avoiding heart attacks and strokes,

immune-enhancer and antioxidant, it may also aid in life extension; studies on osteoporosis, cancer, and epilepsy are also bringing in promising results. Before you believe all the word-of-mouth, though,

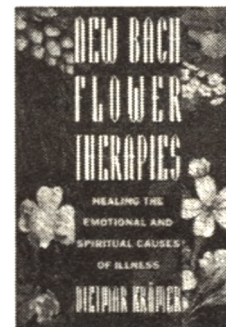
and reducing the risk of cancer. Part three provides the tools — in the form of natural treatments — for maintaining good health. And part four outlines detailed recommendations for the treatment of a large number of common ailments — those that respond best to natural therapy and lifestyle modifications.

New Bach Flower Therapies

Healing the Emotional and Spiritual Causes of Illness

By Dietmar Kramer

\$12.95. 156 pp. paper. ISBN 0892815299. Healing Arts.



A new therapeutic approach has opened entirely new possibilities for Bach Flower Therapies and naturopath Dieter Kramer documents these developments in his interesting book. Flower remedies are based on the premise that the symptoms of illness are the external expression of negative emotional states, and that the essential energies in flowers and plants are able to influence such negativities. Dr. Edward Bach discovered that thirty eight "virtues" serve as links between the personality and the "higher self" — the source of all healing — and that flower essences reestablish one's contact with the higher self through their vibrations. In his new study, Kramer reveals that "outer" flowers treat negative emotional states resulting from external influences, while "inner" flowers address deeply rooted emotional conflicts and the surface symptoms they generate. He also provides a range of diagnostic aids, notes on skin zones, a carefully compiled astrological approach and other tools to improve the diagnosis and treatment of ill-health and unhappiness.

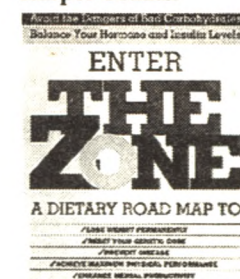


Zone

A Dietary Road Map

By Barry Sears, Ph.D.

\$22.00. 285 pp. cloth. ISBN 0060391502. Harper Collins.



BARRY SEARS, PH.D.
WITH BILL LAWREN

Warning! Eating these carbohydrates could be dangerous to your health: bananas, apple juice, bagels, carrots, popcorn, rice, potatoes, ketchup, and many more! Barry Sears maintains that a group of hormones called *eicosanoids*, which control virtually all human body functions — including the cardiovascular system, the immune system, and our storage of fat — are the key to good health and weight management. We need to balance the levels of *eicosanoids* and his book shows us how to use food to do that. High carbohydrate, low fat diets can actually be dangerous, because they violate basic biochemical laws required to enter what Sears calls the "Zone". This book gives you the dietary tools to reach the Zone and your ideal weight. Sears's bottom line is that man's digestive system is intended for a diet of low-fat protein, low-density carbohydrate fruits and fiber rich vegetables. In other words, we should be eating like cavemen, *not* cows.

Eastern Medicine & Healing

Abundance through Reiki

Universal Life Force Energy as Expression of the Truth that You Are. The 42-Day Program to Absolute Fulfillment

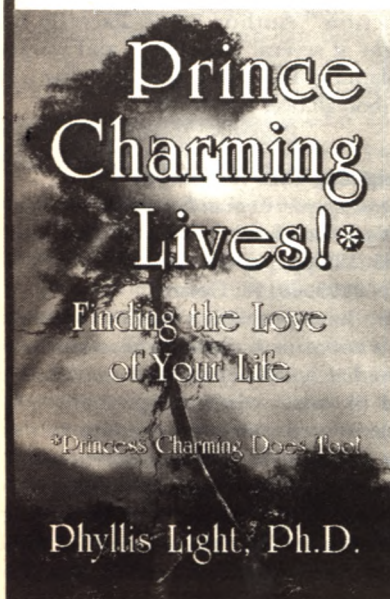
By Paula Horan

\$14.95. 154 pp. paper. ISBN 091495525X. Lotus Light.

Reiki is an ancient Japanese healing art, rediscovered 100 years ago by Dr. Mikao Usui. In his system, natural healing involves attunements of energy to help you open up to the power of the

Do You Have the Love You Want In Your Life?

Do You Keep Repeating the Same Patterns Again and Again?



This book, for men and women alike, will help you take charge of your love life by helping you heal negative subconscious patterns that may be sabotaging you. After you read this book, you will understand what is holding you back in the

love arena, and you will be better equipped to overcome those barriers to a more fulfilling love life. Learn specific techniques for healing and empowering yourself, so that you may experience greater love and joy with another.

POWERFUL, HEALING, ENLIGHTENING, TRANSFORMING

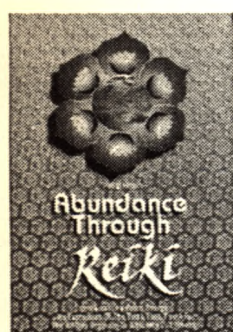
Prince Charming Lives!
(Princess Charming Does, Too.)
Finding the Love of Your Life

By Phyllis Light, Ph.D.
\$12.95 ISBN 0931892783

"We all need light on our path when we are ready to change directions. This book can be that beacon for those who are really ready to change."

—Bernie S. Siegel, M.D., bestselling author of
Love, Medicine & Miracles

EASTERN TRADITIONS



Universal Life Force Energy in your own life. It also uses mental clearing and the laying on of hands. Horan's book is a very practical approach towards that is our natural birthright. The book has two parts. The first three chapters describe some of the qualities and peculiarities of Reiki. The second explains the 42-day program to absolute fulfillment, describing the positive changes which most often occur after completing the course. Horan presents the 42 steps from "Core Self" to "Core Abundance" in the form of two different, but finely tuned 21-day plans, which ultimately lead you to explore your unhealthy belief patterns. Until now, they might have kept you from all the things you need in your life.

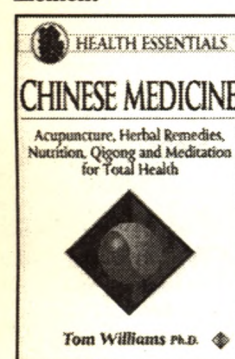
Chinese Medicine

Acupuncture, Herbal Remedies, Nutrition, Qigong & Meditation for Total Health

By Tom Williams Ph.D.

\$9.95. 150 pp. paper. ISBN 1852305894.

Element



As Western readers become more knowledgeable about Chinese medicine, they learn new ways to integrate the mind and spirit into the total picture of health. Williams, a practicing acupuncturist and member of the Register of Traditional Chinese medicine, offers a timely introduction to this ancient science. He shows how the Chinese doctor sees the human body, and how *Qi*, *Jing* and *Shen* (the three treasures — energy, essence and mind/spirit) and the other basic body substances interact to bring bodily harmony or illness. He then explains the meridians of the body, how a diagnosis is made, the *Zang Fu* system of bodily disharmony, the Five Elements, and an explanation of the principle of Yin and Yang.

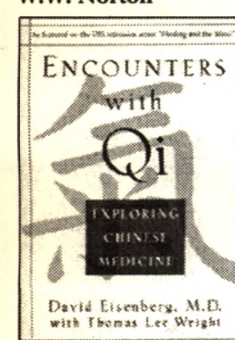
Encounters With Qi

Exploring Chinese Medicine

By David Eisenberg, M.D.

\$11.00. 260 pp. paper. ISBN 0393312135.

W.W. Norton



In an informal, conversational style, Eisenberg recounts his adventures as a student at the Beijing Institute of Traditional Chinese Medicine and poses some large questions: What can we in the West learn from the Chinese to improve our understanding of the process of health and illness? Can Chinese medicine be integrated into Western medical practices? Can it be scientifically proven that lifestyle and

attitude can significantly alter the natural course of illness? Featured on the PBS series *Healing and the Mind*, Eisenberg is one of this country's most highly-regarded and outspoken experts on Chinese medicine.

A Handbook of Chinese Healing Herbs

By Daniel Reid

\$15.00. 328 pp. paper. ISBN 1570620938.

Shambhala



There are over 2,000 items listed in Chinese herbal pharmacopoeias. Only about 300 are used in general practice, of which only about 100 are considered indispensable in formulating the most popular prescriptions. Here the author has chosen 108 herbs, a number considered auspicious by Taoists, Hindus and Buddhists. This detailed and fascinating new book features more than just an illustrated materia medica; you'll also find

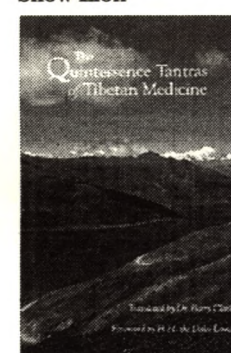
explanations of basic terms and concepts, instructions on how to prepare the herbs at home, recipes for tonics and porridges, lists of suppliers, and an introduction which outlines the way Chinese medicine views ailments such as AIDS, cancer and heart disease. A well-written and easy to use reference guide.

The Quintessence Tantras of Tibetan Medicine

Translated by Dr. Barry Clark

\$22.95. 260 pp. paper. ISBN 1559390093.

Snow Lion



Now that Western readers are familiar with the concepts of Ayurveda and Chinese medicine, they may also be ready to grasp the complex spiritual and medical ideas contained in Tibetan Buddhist medicine. Since the original teachings were said to come from the Medicine Buddha himself, the religious aspect of Tibetan medicine is inexorably tied in with diet, behavior and its all-natural herbal pharmacopoeia. A typical remedy might include prayers, mantras,

herbal pills and an admonishment to avoid potatoes; more extreme cases might call for moxibustion or oil massage. Besides catering to the needs of the sizable Tibetan refugee diaspora in India, Bhutan and Nepal, thousands of Indians, Nepalese, and now Western visitors make their way to Tibetan clinics in remote towns and big cities such as New Delhi. Indeed, it's only a matter of time until this ancient medical system gains popularity here. To practice Tibetan medicine requires years of study, and its serious proponents worry about preserving its integrity. That's why works like *Quintessence* are important: Dr. Clark is

the only Westerner to have undergone the complete clinical training of a Tibetan doctor, which is conducted only in the Tibetan language and demands thorough knowledge of Buddhism, humoral theory, pulse-taking, urinalysis, and the all-important qualities of patience and compassion. This book contains the first complete translation of the Root Tantra and Explanatory Tantra of Tibetan medicine. Written in a clear and readable style, it includes a glossary of herbs and a foreword by His Holiness the Dalai Lama.

The Self-Shiatzu Handbook

By Pamela Ferguson

\$12.00. 143 pp. paper. ISBN 0399519491.

Perigee.



As a highly trained and long-time student of Zen Shiatzu, Pamela Ferguson is well versed in the nature of the meridians flowing through the body, pressure points and stretches, the principles of the five elements, and precise ways of selecting combinations of meridians and pressure points according to the needs of a patient. You don't need to follow Zen practice to understand the simplified mini-techniques described in this book. Ferguson's accessible guide makes self-administered shiatzu an easy and practical method of pain relief without drugs. Self-shiatzu requires no equipment or oils, and can be done anywhere and at any time. She demonstrates methods to ease the discomfort of everyday aches and pains as well as treatments for more modern ailments, such as computer-related stress, jet lag and jogging pain. She also pays special attention to women's health concerns, such as breast health, labor, PMS and menopause.

Eastern Traditions

Become What You Are

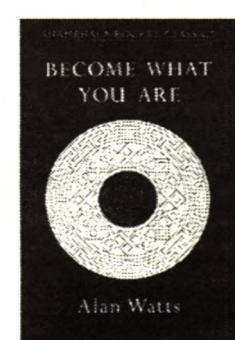
By Alan Watts, edited by Mark Watts

\$6.00. 127 pp. 3"x 4" paper.

ISBN 1570620911. Shambhala

"You may believe yourself out of harmony with life and its eternal Now; but you cannot be, for you are life and exist Now — otherwise you would not be here. Hence the infinite Tao is something which you can neither escape by flight nor catch by pursuit; there is no coming toward it or going away from it; it is, and you are it. So become what you are."

— Alan Watts.



In these eleven previously unpublished essays, we again discover Alan Watts's intelligence, playfulness and simplicity as he interprets Eastern thought for a Western audience. As always, Watts approaches Eastern teachings as practical ways of confronting our human dilemmas, especially the sometimes paradoxical search for real self-knowledge, freedom and spontaneity. He writes, for instance, how the moment we surrender to the

"terror of the unknown, the suppressed feeling suddenly shoots upward as a fountain of the purest joy" as we experience "an almost ecstatic sense of freedom from the bounds of individuality." This collection also contains an intriguing lecture in which Watts discovers a meeting point between Western logical philosophy and the teachings of Buddhism and Hinduism, namely, that "the attempt to talk about, think about, or know about the ultimate Reality constitutes an impossible task." However, Watts says, this is where much of Western thought stops short, while for the East, this is where the real discovery begins: "For the man who is something more than a calculator," Watt's writes, "the baffling is also the wonderful." Also of interest is a talk on how Christ represents the possibility of realizing a new center of consciousness. This Shambhala Pocket Classic makes Watts's stimulating insights available in a conveniently portable book.

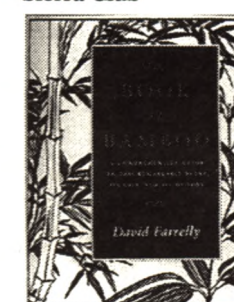
The Book of Bamboo

A Comprehensive Guide to This Remarkable Plant, Its Uses, and Its History

By David Farrelly

\$20.00. 332 pp. paper. ISBN 087156825X.

Sierra Club



What one plant (that sometimes grows four feet in a day) has been used to make scaffolding for skyscrapers, slide rules, diesel fuel, paper, clothing, medicines for asthma and the filament of the first electric light bulb? Bamboo. Having also served as a subject for artists and an object of religious veneration, bamboo fulfills many needs in our increasingly crowded world. This light-hearted, yet informative study (with many illustrations) covers everything you wanted to know about bamboo along with things you had never considered: It's biology and life cycle, how it can be cultivated, how it has been used in the past, and how you can use it to make walls, roofs, fences, toys, paper, flutes and wind-chimes. Could this be the world's most versatile plant? In any event, bamboo has many implications for the relationship of man and the natural world as we approach the 21st century. Los Angeles residents will especially appreciate the chapter on bamboo and "quake zone construction." Author David Farrelly has taught at several universities and worked at planting, harvesting, and building with bamboo all over the world.

Designing Your Happiness

A Contemporary Look at Feng Shui

By Nancilee Wydra

\$9.95. 122 pp. paper.

ISBN 0893468118. Heian

You have probably experienced entering a room or building where you have immediately felt at ease and comfortable. And likewise, you have probably also experienced places where you felt on edge (besides the dentist's waiting room), even if you didn't know why. As author Nancilee Wydra explains, these feelings demonstrate our natural intuition about Feng Shui, the ancient Chinese art of placement. Feng Shui teaches that our



surroundings have a dramatic influence on our health, our relationships, and our success in life. Her book is an easy to use, non-technical guide to using Feng Shui principles to enhance your well-being. After

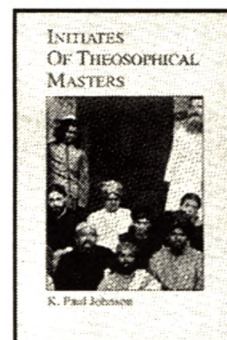
briefly explaining the history and principles of Feng Shui, Wydra presents the elements of Feng Shui design (water, light, vegetation or plants, shapes, placement of doors and windows, and color) and how they affect working and living spaces. She also includes questionnaires to help you see how your home has a positive or negative influence on your life, and suggests "cures" for arrangements that do not promote a good flow of energy. Wydra discovered that Feng Shui confirmed her intuitions about how a good place to live should be; and now she has twenty years experience teaching and writing about how our living environment resonates throughout our lives. Her user-friendly book helps you apply these principles to create a living space where you feel comfortable and energetic.

than twenty years, has published photographs in *National Geographic*, *Time* and elsewhere. Their words and images will lead you into this remote and dramatically beautiful area, revealing a way of life that remains unspoiled by the modern world and introducing many artistic treasures from past centuries. The book also makes a wonderful gift for armchair explorers who would like to expand their horizons into a region "utterly lost in the eternal earth and air."

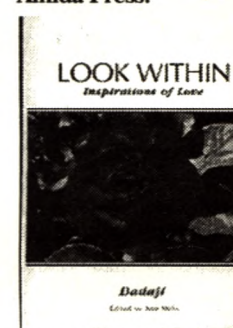
Initiates of Theosophical Masters
By K. Paul Johnson
\$18.95. 254 pp. paper. ISBN 0791425568.
SUNY

A remarkable feature of Theosophy's history is the disparity between its minuscule membership and its vast and varied cultural influence. Madame Blavatsky devoted her life to the search for authentic occult initiates, or "adepts of mystic

lore," and to understanding their rites and personal ecstatic experiences. Although the initiations she experienced during her travels around the world were rarely traditional or orthodox, she managed to acquire — as spiritual mentors — many of the most important figures of her time. This book examines the history of the Theosophical movement and its initiates, focusing consecutively on Hindus, Muslims, Bahais, Buddhists, and even the Western female occultists. And along the way, it offers portraits of Alexandra David-Neel, G.I. Gurdjieff, Jamal ad-Din Al-Afghani and Isabelle Eberhardt.



Look Within
Inspirations of Love
By Dadaji, edited by Ann Mills
\$11.95. 222 pp. paper. ISBN 0942687019.
Amida Press.



Born in the early twentieth century to a well-to-do Hindu family, from his earliest days, Dadaji displayed a quite brilliant wisdom. As a young child he spoke what was to become his message to the

world, "All scriptures and rituals are a matter of the mind and laden with superstitions. Forsake all these social customs and prejudices, and devote your mind to God. He is within you, do not forget it. He makes no distinctions between one

East of Lo Monthang

In the Land of Mustang

by Peter Matthiessen, photography by

Thomas Laird

\$35.00. 192 pp. w/160 color photographs.
9 1/4" x 12" cloth. ISBN 1570621314.

Shambhala



In the spring of 1992, Peter Matthiessen and photographer Thomas Laird travelled deep in the secret valley of Sao Kohla, tucked high in the northernmost reaches of the Himalayas

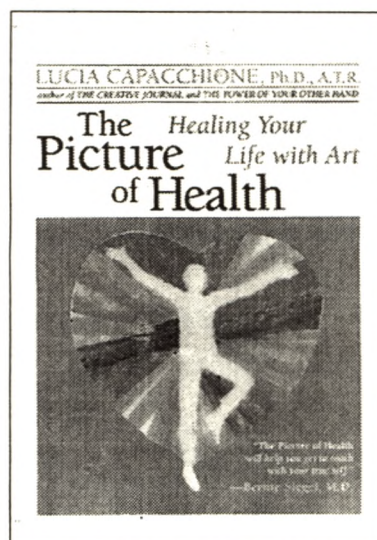
between Nepal and Tibet. They were the first Westerners to venture there in thirty years. From the central city of Lo Monthang (known in the West as "Mustang"), Matthiessen and Laird began a horseback adventure across arid plateaus and through narrow river chasms to reach precariously perched monasteries which had long been abandoned. They traveled through a region where mountains five miles high cast their shadows over the deepest canyon in the world, and camped among nomad herdsman

EDITOR'S CHOICE who spent their nights worrying about the threat posed to their goats by snow leopards. They also listened to the locals' descriptions of the mehti, known to Westerners as the Abominable Snowman and, on an afternoon both men describe as disquieting and exhilarating, they followed a trail of not-quite-human footprints across a shady stretch of sand. This amazing journey comes to life in an expansive narrative by Matthiessen with over 160 striking color photographs by Laird. Matthiessen is well known to many readers for his writings as a naturalist and an explorer, as well as for his novels. Laird, who has lived in Nepal for more



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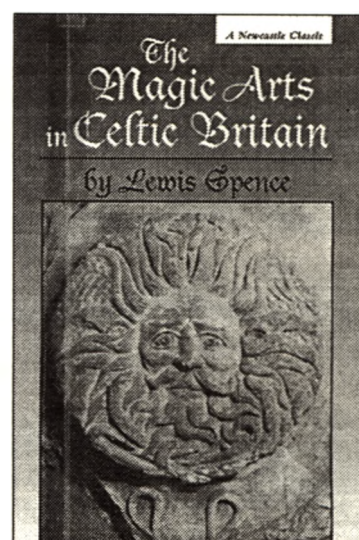
The Picture of Health

Healing Your Life with Art
With Art

By Lucia Capacchione, Ph.D., A.T.R.

This book is about healing with art. It offers you a new way to look at yourself and to create a healthy life.

ISBN: 0-87877-231-6
\$12.95

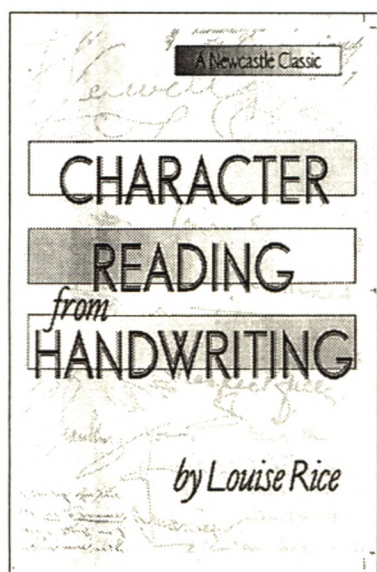


The Magic Arts of Celtic Britain

by Lewis Spence

"The tradition of the arcane and the mysterious cleaves to races so naturally as to make it seem an inherent and inalienable possession ... no race, I maintain, was given to cultivate a higher or keener sense of spirituality vision ... than to the Celtic." — from the author's opening chapter

ISBN: 0-87877-233-2
\$14.95

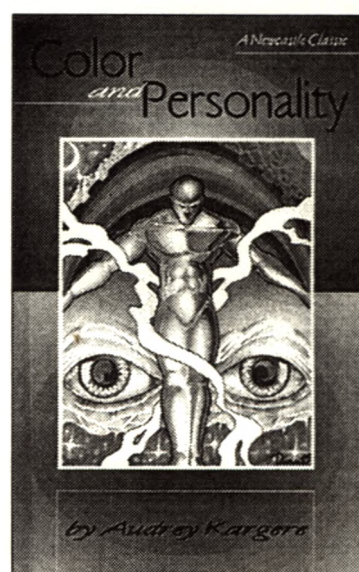


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by Louise Rice

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by Audrey Kargere

This comprehensive volume explores the psychological aspects of color, its effects on personality, its relationship to music and architecture, as well as its practical applications in fashion and the arts.

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FICTION

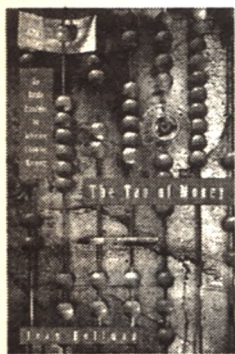
person and another. Try to remember Him and become aware of the Truth." Based on the book about Dadaji called *The Truth Within*, which she published in 1987, Ann Mills's collection of inspirational sayings by a beloved teacher provides an essential opportunity for readers to look within for a shift of consciousness towards love, peace, healing, clarity and ultimately, joy.

The Tao of Money

Six Simple Principles for Achieving Financial Harmony

By Ivan Hoffman

\$10.95. 210 pp. paper. ISBN 0761500251. Prima.



Hoffman's six simple principles for achieving financial harmony are less about personal finances, than about global financial harmony, which may arise if we reach a place of balance in our own affairs. He describes how

economic imbalance and its consequences come in part because we fail to recognize how the choices we make in our daily lives affect our resources. *The Tao of Money* draws on the wisdom of

NEW IN PAPERBACK

Taoism, which is based on the *Tao Te Ching*, "the book of the natural or harmonious way," — an ancient Chinese philosophy 2,500 years old. The *Tao* sees the world as a connected, unified whole and instructs us to allow natural forces to rule. If we let go of our frantic and hopeless attempts to control everything, we can open up to the natural rhythm of the universe, which will see that our needs are fulfilled.

Thoughts on the East

By Thomas Merton

\$6.00. 84 pp. paper. ISBN 0811212939. New Directions



The history of religion has no shortage of doctrinal disputes and "holy" wars. It is strange that the paths to redemption and ultimate truth have often wandered far from their destinations; it would, after all, be a narrow minded God that revealed him or herself to one nation, ignoring all the rest. However, there are those individuals who practice their own faith yet see the truth reflected in others. One such person was the Catholic monk Thomas Merton. In this collection — drawn from

EDITOR'S CHOICE

his published works — he explores the transcendent spontaneity of Taoism, the radical simplicity of Zen, the cosmic dance of Hinduism, and the Sufi's ecstatic communion with God. The book includes accounts of Merton's meetings with Tibetan Buddhist Masters, including the Dalai Lama, and the profound revela-

tion Merton experienced while viewing some great stone images of the Buddha. Merton writes with great appreciation of these Eastern traditions and even speaks from *within*, rather than as an observer. In fact, the book serves as a good introduction to Taoism, Hinduism and Zen. He sees the way of Taoism as being psychologically analogous to the Christian way of faith, and insists that one should discover a Zen dimension to Christ's teaching, "Judge not and you will not be judged." Also, in appreciating these traditions, he criticizes the Western dedication to the "exterior, objective, and quantitative," side of life, saying that the so-called "death of God" represents "the death of an inner, subjective quality of life", and the result is the loss of a "genuine moral sense" and "respect for life." Merton writes with impressive confidence and poetic simplicity. While much has been written about the differences or similarities between the various religions, Merton has no problem in bridging the gaps between different faiths, if they truly exist.

Fiction

Latina

Women's Voices from the Borderlands

Edited by Lillian Castillo-Speed

\$13.00. 284 pp. paper. ISBN 0684802406. Touchstone.



At last, a provocative compilation of works by energetic and articulate Latina writers, including short stories, excerpts from novels, personal essays, and autobiographical essays. Latina writing is not new, nor does it merely

comprise translations from Spanish because many new Latina writers have taken the English language and made it their own. But these original voices

EDITOR'S CHOICE

deserve our attention because they reflect the reality of women who live in two worlds: that of their grandmothers — even if it is seen across distance, time or social status, and the world of the here and now, their own personal America. You'll adore the joyful sexuality of Judith Ortiz Cofer's "Twist and Shout" and the sensual realism of Helena Maria Viramontes's "Miss Clair". You'll empathize with Sandra Cisneros's struggles with her father's expectations in "Only Daughter" and you'll admire and be educated by the political directness of Cherrie Moraga and Gloria Anzaldua. Well known contributors include Julia Alvarez, Ana Castillo and Cristina Garcia, but there are many writers here from whom we hope to hear more.

Memnoch The Devil

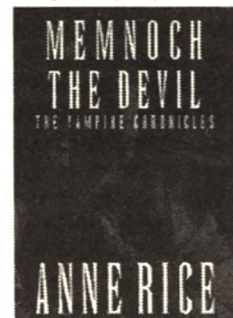
The Vampire Chronicles

By Anne Rice

\$20.00 until Jan. 1 1996 (\$25.00 list). 354 pp. cloth. ISBN 0679441018. Knopf.

"What does matter very much, as we go into this story together, is that I have set for myself the task of being a hero in this world. I maintain myself as morally complex, spiritually tough, and aesthetically relevant — a being

of blazing insight and impact, a guy with things to say to you." — the Vampire Lestat.



Anne Rice captivates readers with her ability to create worlds so alluring, stunning and beautiful that the reader becomes trapped in these worlds along with the characters who fill the pages of her stories. She drenches you in lush darkness and tempts you as her characters are tempted by the chance to live forever, young and beautiful. Is there a price to pay and can you call the price evil? Anne Rice does not judge. The worlds she creates stand on their own, separate from our moral, mortal world even though Rice's creatures walk beside our mortal world and need us to exist. Are Rice's stories just about "others" who are trying to make a place for their kind in the universe? Lestat searches through time for lovers and good conversationalists like himself who have seen and heard it all. Many of her characters (like Louis in *Interview With A Vampire*) suffer from the inability to accept loss and be whole again. But like mortals, it is blood that keeps them alive. And what some of us won't do for blood. We all want to live and we do what it takes to stay alive. And up until now, Anne Rice has not questioned that. But in *Memnoch The Devil*, she enters religious territory. Her characters face the question of good and evil. The Vampire Lestat, more or less the hero of the Vampire Chronicles, is offered the chance to be redeemed. But why does he need redemption? He has only lived according to his nature. But *Memnoch and God*, Lestat's two most dangerous adversaries, afford Lestat the opportunity to question the life he lives and to contemplate good and evil. Lestat has also fallen in love with Dora, the beautiful and charismatic daughter of a drug lord. This is new for him. No mortal has ever touched his heart, which has been very well hidden until now. While searching for Dora in New York, Lestat is snatched from the world by Memnoch, who claims to be the Devil, and ushered into Purgatory. It is here that God also speaks to him. Lestat must decide if he can believe in the Devil or in God. And finally, he must decide which, if either, he will serve. *Memnoch The Devil* is Anne Rice's darkest and most daring novel. She takes us into the mythical realms of our own theology.

Other books by Anne Rice are: *Cry To Heaven* \$4.95 paper; *The Feast of All Saints* \$6.99 paper; *Interview With the Vampire* \$6.99 paper; *Lasher* \$7.99 paper; *The Mummy* \$6.99 paper; *The Queen of the Damned* \$6.99 paper; *The Tale of the Body Thief* \$6.99 paper; *Taltos* \$14.00 paper; *The Vampire Lestat* \$6.99 paper; and *The Witching Hour* \$6.99.

Mutant Message Down Under

By Marlo Morgan

\$10.00. paper. ISBN 0060926317.

HarperCollins

\$18.00. cloth. ISBN 0-06-017192-8.

HarperCollins

And the companion audio cassette from

HarperAudio

\$17.00. cassette. ISBN 0-69-451515-9

This is the fascinating story of the author's journey into the outback on a



walkabout with an Australian aboriginal tribe. When she first meets the members of the tribe at a banquet, she finds herself compelled to step out of her current life and into theirs. In the adventures that follow she learns

and shares with the reader their wisdom and secrets. She discovers that the old tribe are masters of blending in, living fruitfully, and leaving the universe undisturbed. She also learns that they are planning on leaving the earth and that she is chosen to tell their story and become part of their secrets and wisdom. As the messenger she must alert all people that we are destroying the earth's body and soul.

Out of Body, Into Mind

A Metaphysical Adventure

By Stephen Hawley Martin

\$12.95. 223 pp. paper. ISBN 0964660164. Oaklea Press.

"As I looked back at all that had happened and mulled things over, I concluded that the best course in life is to follow one's conscience, do the wisest one can in each and every circumstance, and trust that she's involved in a plan which is unfolding, becoming. That events which may be painful will eventually lead to things working out for the best — whether it takes 50 years or several lifetimes."

— from *Out of Body, Into Mind*

Author Stephen Hawley Martin meets Claire DuMond while on vacation in Maine. Even though this is their first encounter, Martin feels he has known



Claire DuMond all his life. Claire asks him to write her story. Why should he? Because, Claire tells him, "It will make you famous," and she says, "My story contains the secret of life." She begins her tale when her father,

who she calls Papa, a man in his late sixties, becomes critically ill and bedridden for no apparent reason. The best minds at Johns Hopkins cannot figure out what is wrong with him. While in this pathetic, zombie-like state, Claire's Papa begins speaking in French and calling out names and places that make no sense to Claire. His ramblings lead her to the isle of Martinique where she unravels her Papa's ramblings and discovers that the mind can cross time and space. The book is a fast-paced adventure story that delves into mind travel, prophecy and mysticism. You will see life in a different way after you read *Out of Body, Into Mind*.

Surfing The Himalayas

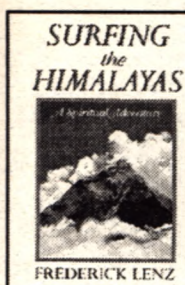
Frederick Lenz

\$14.95. cloth. 160 pp. ISBN 0312141475.

St. Martins Press.

Here is a new book from Frederick Lenz, who also has called himself "Zen Master Rama". Several controversies about Lenz have appeared in the press,

GAY & LOUISE HAY



personal life and morality of its author. It's what Zen Master Robert Aiken Roshi has described as "spring water flowing through a rusty pipe".

The book itself is listed as fiction. It is about a young American fellow who goes to the Himalayas to snowboard and surfs into a Buddhist monk who by coincidence is a Tantric master. Without quite realizing what is going on, he becomes the disciple of this monk in a loose, fellow traveler, destiny kind of way. Through this, we learn about meditation, Tantric Buddhism, what a spiritual master is, and how a spiritual master is able to speed up the process of reaching enlightenment. Through this wonderfully told tale, we learn a great deal about snow surfing and much more about Tantric Buddhism, both its practice and theory. From the book:

"Try always to remember that when you think about something, you separate yourself from it. But when you are empty — when your mind is tranquil and at peace with the universe, when it has become void of all thought — you become meditation."

"It means that enlightenment exists within all things. That is the Tibetan theory of relativity."

"Balance is also the most important aspect of living."

The Valkyries

An Encounter with Angels

By Paulo Coelho

\$20.00. 245 pp. cloth. ISBN 0062512919.

HarperSF.



As Coelho tellingly reveals in his author's note, "the path to magic is the path of the common people. One can have a master, follow the esoteric Tradition, and possess the discipline needed to perform rituals; but the spiritual search is made up of many beginnings, and the only thing that matters — always — is the will to go on." *The Valkyries* is a true story involving the initiation of the author himself. In 1988, he completed the manuscript of *The Alchemist*, a novel which was to become an international best-seller. But at the time, Coelho was haunted by a devastating curse, which prevented his dreams from coming to fruition. So his master "J." gave Paulo a daunting task: to find and speak to his guardian angel. To that end he and his wife embarked on a pilgrimage to the Mojave desert — where they encountered not only a rainbow of magical, educational characters, but the truth of Paulo's own dark past, which he was forced to confront. *The Valkyries* is a deliciously powerful work about people, struggle and belief in the future. Among Latin American writers, only Colombia's Gabriel Garcia Marquez is more widely read than Brazil's Paulo Coelho, and reading this book, his gift becomes clear.

Also by Paulo Coelho: *The Alchemist: A Fable about Following Your Dreams*. \$17.00, cloth.

& \$10.00, paper.

The Pilgrimage: A Contemporary Quest for Ancient Wisdom. \$12.00 paper.

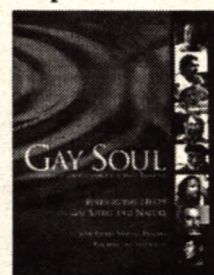
Gay

Gay Soul

Finding the Heart of Gay Spirit and Nature

By Mark Thompson

\$12.00. 266 pp. paper. ISBN 006251041X. HarperSF.



Mark Thompson argues that the seeds of behavior and belief leading to modern gay identity are to be found in a deeper understanding and embracing of soul. In fact, gay people possess the ability to lead society's next phase of cultural revolution — liberation of the soul — once they come to realize that potential. Here Thompson has collected the voices of sixteen prominent, articulate gay men, who have encountered their souls and the souls of others through the fact of being "other" in a society of calculated sameness. Contributors include Paul Monette, Ram Dass, Edward Steinbrecher, Joseph Kramer, Will Roscoe, Andrew Ramer and Mitch Walker. The fascinating discussions include the potentialities of otherness, the spiritual aspects of being gay, and feelings about life and death in the age of AIDS. There are also fascinating truths about the "wounding" of gay soul, the third and fourth gender, the integration of flesh and spirit, and coming out from inside. Highly recommended.

Louise Hay

Some of the fine books by Louise Hay are; *Heal Your Body — Expanded Version* \$5.95 paper; *Heart Thought — A Treasury of Inner Wisdom* \$10.00 paper; *Love Your Body — Expanded Edition* \$5.00 paper; *Meditations To Heal Your Life* \$12.95 cloth; and *One Hundred One Power Thoughts* \$5.95 paper. We also stock all of her audio cassettes. A full list is available by request.

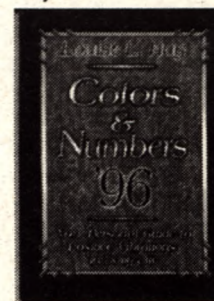
Colors & Numbers '96

Your Personal Guide To Positive Vibrations In Daily Life

By Louise L. Hay

\$5.95. 53 pp. paper. ISBN 1561701238.

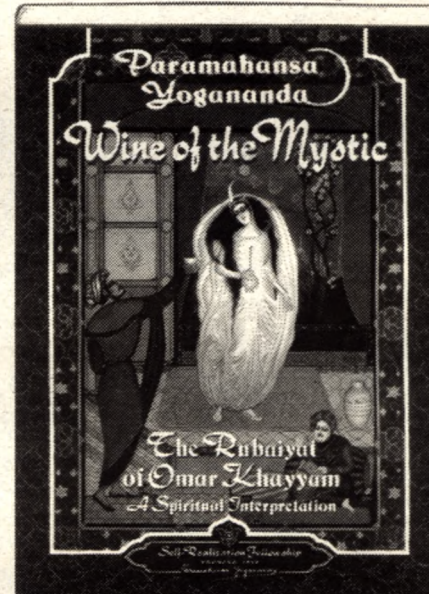
Hay House.



Most of us remain largely ignorant of the benefit to be gained from our conscious use of color, yet color is an essential part of our lives. Colors and numbers both have significance and are used together in this book. Each month, each day, as the number vibrations change, so do the colors. Hay shows how to calculate your personal year, month and day and also provides key words and affirmations to set the mood for each personal day.

To all the colorful beings on this beautiful planet. You are beautiful and so am I. Let us love and appreciate the uniqueness of ourselves and each other. We now fill our days with color and joy. —Louise Hay.

Wine of the Mystic



The unveiling of an age-old mystery

An 11th-century Persian sage conceals secret wisdom of the ages, disguised as an ode to earthly delights... Centuries later, a shy English gentleman composes an inspired translation... Then, in our own time, one of India's great spiritual figures reveals the truth behind this mystery...



Paramahansa Yogananda, author of the spiritual classic AUTOBIOGRAPHY OF A YOGI

"Lavishly & beautifully illustrated...elevates the reader to higher levels of awareness." —LEADING EDGE REVIEW

"Very special...An alchemical wedding of body, mind, & spirit." —BODHI TREE (Fall '96 Catalog)

Unveiling the deeper truth and beauty of Omar Khayyam's *Rubaiyat*, Paramahansa Yogananda takes the reader on a fascinating odyssey into the subtle realms of mystical experience. His unique spiritual interpretations explore the riddles of destiny and free will... the intricacies of karma... the search for perfect love... the role of meditation in attaining lasting inner joy, and much more. *Wine of the Mystic* offers delightful and instructive refreshment for the soul — and the sheer beauty of this book makes it an outstanding gift.

DELUXE HARDCOVER EDITION: 248 pages • 50 original full-page color illustrations • Fitzgerald's English translation • Paramahansa Yogananda's complete commentaries \$19.50

Self-Realization Fellowship

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NEW FROM INNER TRADITIONS

THE GREAT BOOK OF HEMP

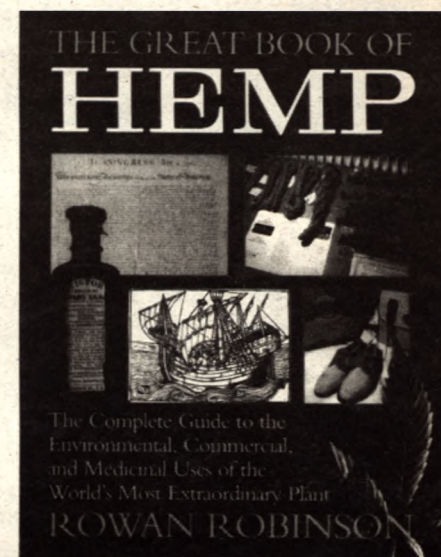
The Complete Guide to the Environmental, Commercial, and Medicinal Uses of the World's Most Extraordinary Plant

By Rowan Robinson

It comes as no surprise to knowledgeable people that hemp is making a strong comeback, currently available in products ranging from tree-free paper and designer clothing to seed oil and biomass fuel. One of the most versatile plants in the world, *cannabis sativa* was cultivated for textiles as early as 7,000 B.C., and its usefulness expanded throughout the centuries to a point in the 1930s when 25,000 products were made from hemp.

Just released this fall, *The Great Book of Hemp* is packed with information on all aspects of this remarkable plant, presented in an illustrated, entertaining, easily accessible format. Here you will find:

- The history and current status of hemp cultivation worldwide
- Its role as a source of renewable energy and as an alternative for paper manufacturing and fossil fuels
- Its many uses in food, medicine, and textiles
- A comprehensive resource section with the information you need on organizations involved in legalizing hemp, product suppliers, an annotated bibliography, and much more.



ISBN 0-89281-541-8 • \$19.95 illus. pb

I CHING, KRISHNAMURTI & LOVE

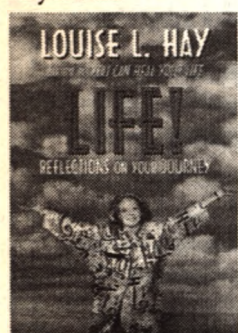
Life

Reflection on Your Journey

By Louise L. Hay

\$17.95. 173 pp. cloth. ISBN 1561700924.

Hay House



Our minds are like fertile soil. If we want the thoughts we think and the words we speak to grow into strong, nourishing realities, we should prepare our minds to be receptive to them. In *Life!*, Louise

deals with the pressing issues that we face throughout our lives — growing up, relationships, work, spirituality, our elder years, death ... and many of the problems, fears, and challenges that are attendant to them. Louise Hay believes that what we give out, we get back; we all contribute to, and are responsible for, the events that take place in our lives — both the good and the so-called bad. With these themes in mind, she elaborates on the ideas that underpin much of her work, especially the notion that we create our experiences based on the words we say and the thoughts we think. However, thoughts are nothing more than what they are, and can be changed. Louise teaches that the power for change or creation is always in the present moment, and part of that power necessarily means releasing the past and forgiving everyone. She also discusses how our minds are always connected to the one infinite mind, and that we incarnate under particular circumstances to learn lessons that will advance us on our spiritual pathway. Ultimately, she says, when we learn to love ourselves, we begin to bloom.

I Ching

I Ching

The Shamanic Oracle of Change

Translated by Martin Palmer, Jay Ramsay & Zhao Xiaomin

\$16.00. 261 pp. paper. ISBN 1855384168.

Thorsons



This new translation of the *I Ching* is based on the earliest texts now available. The translators believe that the most ancient sections of the *I Ching* are derived from oracle bones dating to the Shang dynasty (1600-1028 b.c.), which have been

excavated and studied during recent decades. They also believe that the sequence of hexagrams in the *I Ching* represents oracles given to the Chou dynasty when they rebelled against the oppression of the Shang. This new version of the *I Ching* presents translations of the stark and enigmatic oracle text, along with modern poems by Jack Ramsey expressing their spirit. Then the hexagrams and lines are given a more contemporary interpretation, making their guidance more accessible to modern readers. Finally, the translators examine the Chinese characters which make up the titles of each of the

hexagrams, in order to see the hexagrams' meanings from another angle. While the *I Ching* has been translated into English a number of times, this version provides a new and different view.

Understanding the I Ching

The Wilhelm Lectures on the Book of Changes

By Hellmut Wilhelm and Richard Wilhelm



"If one maintains a harmony between the inner self and the surrounding world, the world, in spite of all diversity, can do no harm."

— Richard Wilhelm.

The *I Ching* is considered to be foremost among the Chinese classics. Recently, it has also attracted much interest in the West. While Western readers are often amazed at how this ancient text describes their modern situation, aspects of *I Ching* still remain obscure. In fact, over the centuries, even Chinese readers have found the book quite mysterious. Richard Wilhelm lived in China for over twenty years and wrote what is probably the most widely known *I Ching* translation. This book consists of talks given by both Richard Wilhelm and his son, Hellmut, that explain the basic concepts and principles on which the *I Ching* is based. They also delve more deeply into concepts of duality, life, death, change, and artistic creation. Richard Wilhelm believed the *I Ching* would be as important for the West as it had been in China. He presents the living tradition of the *I Ching*, explaining both its Chinese cultural context and its universal significance. His talks were given during the 1920's, a time of great intellectual life in Germany, when Wilhelm was in regular contact with such figures as Martin Buber, Hermann Hesse and Carl Jung. Originally published as *Change: Eight Lectures on the I Ching* and *Lectures on the I Ching: Constancy and Change*, these talks enable the reader to enter the world of this profound yet enigmatic classic.

Other important Wilhelm books are: *Heaven, Earth and Man In The Book of Changes* \$25.00 cloth; *I Ching or Book of Changes* \$19.95 cloth; and *Secret of the Golden Flower* \$6.95 paper.

Krishnamurti

1995 is the birth centenary of J. Krishnamurti (1895 - 1986). It is being celebrated by a year of activities throughout the world. To commemorate it, three significant books were published, *The Book of Life*, *Krishnamurti - 100 Years*, and *One Thousand Suns*, reviewed below. Almost everyone interested in personal transformation has been touched in a unique, special way by their contact with Krishnamurti and his teachings. He was one of the important teachers of our time and he will be sorely missed. However his teaching lives on in the many schools and centers founded throughout the world in his name and in his many books. In addition, *Friends of Krishnamurti Los Angeles* will be meeting at the Bodhi Tree Bookstore on the third Saturday of each month starting at 7 pm, throughout 1995. These events will feature a *Krishnamurti* video followed by a group dialogue. This has proved a popular presentation

and the program will continue in 1996.

The significance, meaning, and importance of Krishnamurti's teachings is first, that "they are genuinely meditational in the deepest sense of that word." Second, "awareness as the choiceless watcher of the vagaries of consciousness is what puts self-inquiry on a firm footing." And the third significance of Krishnamurti's teachings is that, "he taught what it is to exist in what one understands." — from the Keynote address by Dr. Anderson for the Krishnamurti Centenary, May 1995, Ojai.

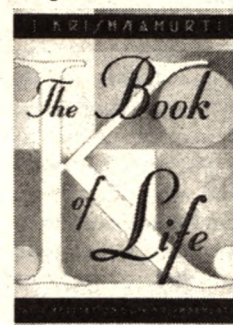
The Book of Life

Daily Meditations with Krishnamurti

By J. Krishnamurti, Edited by Mark Lee

\$14.00. 388 pp. paper. ISBN 0060648791.

HarperSF.



that most attempts at spirituality or self-improvement are misguided and futile, he spoke about discovering truth and living a life filled with love and beauty. Our problem, he taught, is that our ideals are creations of the mind that distract us from how we really are and leave us divided against ourselves. However, through awareness, a real transformation can occur: "When the mind sees that which is false, then that which is true comes into being and then there is ecstasy, there is happiness." This collection presents a passage from Krishnamurti's teachings for each day of the year, exploring his major themes a week at a time. Those who use the book for daily readings will gradually deepen their understanding of this stimulating teacher, while those who wish to read it straight through or dip in at random, will find it an excellent anthology, presenting his main ideas. Krishnamurti addressed our modern spiritual dilemmas with great clarity and insight, and a real sense of urgency. As he looked at both the misery of the world and its beauty, he saw that human beings can change; and that we must.

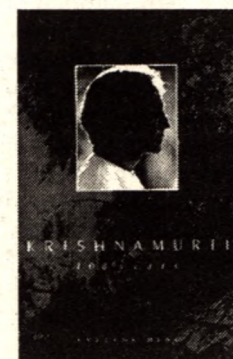
Krishnamurti

100 Years

Evelyn Blau

\$29.95. 284 pp. cloth. ISBN 1556704070.

Stewart, Tabori & Chang.



people in his life through their own words. These people talk about how Krishnamurti affected or transformed their lives and what they think is his relevance to the world. There is also a visual treat in the many archival pictures which are published here for the first time. The

cover of the book is a picture of the oak grove in Ojai where Krishnamurti spoke for many years and which seems to express his essence. The book is oversize, seven by eleven inches, printed on art quality paper and illustrated with over 125 duotone photographs.

One Thousand Suns (revised edition of One Thousand Moons)

Krishnamurti At Eighty-Five

and *The Last Walk*

By Text & Photographs by Asit Chandmal

\$40.00. 128 pp. oversize 10" x 12". cloth.

ISBN 0893816310. Aperture



One Thousand Suns depicts the private person behind the world-renowned philosophical figure Jiddu Krishnamurti through the eyes and words of Asit

Chandmal, who knew Krishnamurti as a close friend. Chandmal's fascinating photo essay and text show us Krishnamurti at the age of eighty-five — still vigorous and active. As a supplement to this beautiful tribute, *One Thousand Suns* includes Chandmal's moving and personal account, "The Last Walk," which depicts Krishnamurti's last walk on Adyar beach, Madras just months before his death. Together, the texts and photographs in this book render a deeply affecting portrait of one of the most respected philosophical figures of our time.

Love and Sexuality

The Art of Sexual Magic

Cultivating Sexual Energy

to Transform Your Life

By Margo Anand

\$27.95. 381 pp. cloth. ISBN 087477814X.

Tarcher.



Margot Anand studied sacred sexuality all over the world, discovering ways to transform sexual union into a communion between body and soul. In particular, she discovered Tantra, which describes cosmic

harmony as an endless, dynamic dance between the complementary energies of spirit and matter. She also developed a method called "Skydancing Tantra", an initiation into the life-transforming power of love and ecstasy. This all led her to the magic of lovemaking and how orgasmic energy could be used to transform not only sex, but also one's life. Sexual energy is nature's ultimate creative force, the power through which it manifests new life. And magic is the power through which we manifest new directions in life. Through lovemaking we can merge with nature's boundless creativity while at the same time exploring our own abilities. Let Anand's attractive book be your guide. From marking out the all important "magic circle", to working through shame, releasing the wild self, working with chakras, using sacred symbols and inducing ecstatic orgasm, here's how to access the full potency of your sexuality.

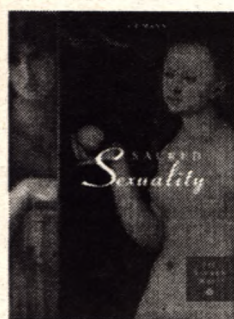
MAGICK & MARTIAL ARTS

Sacred Sexuality

By A.T. Mann & Jane Lyle

\$19.95. paper. ISBN 1852306580.

Element



This magnificently illustrated book explores the origins and practices of spiritual sexuality in many cultures, examining changing attitudes and the conflicts brought about in modern society. It is lavishly illustrated with hundreds of color photographs and drawings.

Magick

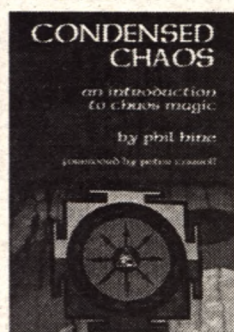
Condensed Chaos

An Introduction to Chaos Magic

By Phil Hine

\$12.95. 190 pp. paper. ISBN 156184117X.

New Falcon.



Although the recovery of Quantum Physics has provided many possibilities for metaphysical theory, most magicians in this century have only focused on the Golden Dawn and Aleister Crowley.

However, in the future, much of what will constitute standard magical theory and practice will derive from the ideas and techniques currently explored by Chaos Magic. This unsystematic system follows ideas of Chaos Theory, which encourages us to accept no longer that events happen in a logical, linear sequence. There's a greater complexity underlying the apparent simplicity of any situation. Chaos Magicians often quote Heisenberg's Uncertainty Principal: "Nothing is True, Everything is Permitted." And so they avoid dogmatism, encourage diverse

approaches, emphasize personal experience (yet insist on rigorous self-assessment and analysis), aspire to deconditioning of the self, and constantly explore the willed entry into altered states. Clearly, Phil Hine's upbeat introduction to "post-modern" practice must be essential reading for all inquiring magicians.

Self-Initiation

into the Golden Dawn Tarot

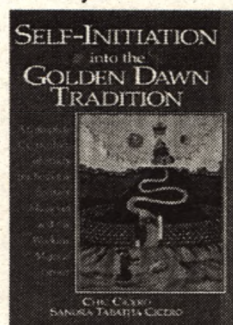
A Complete Curriculum of Study for Both the Solitary Magician and the Working Magical Group

By Chic Cicero and Sandra Tabatha Cicero

Cisero

\$39.95. 742 pp. paper. ISBN 1567181368.

Llewellyn.



This book offers a wonderfully practical, step-by-step guide to Golden Dawn Initiation and Ceremonial Magic. Ceremonial Magic combines a process of memory and ritual to stimulate the Will, exalt the

Imagination, purify the lower personality and ultimately realize an elevated state of consciousness. Then the ego, the Higher Self and the Divine become one. In ceremony, every action, idea and utterance seeks to emulate the depth of the divine universe and to that end, Chic and Sandra Tabatha Cicero, Senior Adepts of an Order established by Israel Regardie, are highly qualified guides. Regardless of your magical knowledge or background, you can use their clearly laid-out manual to enhance your knowledge of Qabalah, astrology, tarot, geomancy, and spiritual alchemy. Although their book outlines a comprehensive process of self-initiation, these rituals can be easily adapted for groups. Written examinations, daily rituals and meditations help you develop your knowledge.



Martial Arts

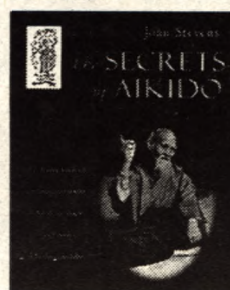
The Secrets of Aikido

The Hidden Teachings and Universal Truths of Aikido, as Taught by its Founder, Morihei Ueshiba

By John Stevens

30.00. 150 pp. cloth. ISBN 1570620067.

Shambhala



"Defeat your adversaries by making them realize the folly of their actions."
— Morihei Ueshiba.

While aikido is a martial art, its has a much deeper spiritual significance. Literally, "aiki" has a range

of meanings such as "the universal principle bringing all things together," "the grand design of the cosmos," "the union of body and spirit," or the ideals of harmony, mutual accord and love. "Do" (the same character as the Chinese "Tao") refers to a way or path. Author John Stevens even sees aikido as a form of tantra, since it teaches that everything that exists in the universe can be found within one's own body. Here he presents the inner principles of this peaceful martial art: primordial language, universal energy, the breath of life, purification, respect, and self-mastery. These principles are also explored in William Gleason's *The Spiritual Foundations of Aikido*, reviewed below. Of the two, Steven's is the more lavishly illustrated, including many remarkable photographs of the Master Ueshiba in action, along with calligraphic designs and paintings that vividly convey the spirit and energy of aikido. Stevens also places aikido among the world's spiritual traditions, drawing parallels with the kabbalah, yoga, the Greeks, the Sufis, and others. Gleason focuses in greater depth and detail on aikido's own tradition. Both authors are well qualified (Stevens teaches aikido at a university in Japan and has published books on Buddhism, Zen and Asian culture), so

either book can be highly recommended depending on the reader's interests.

Other books by John Stevens are: *Abundant Peace* \$18.00 paper; *Aikido — The Way of harmony* \$20.00 paper; *Lust For Enlightenment* \$13.00; *Sacred Calligraphy of the East* \$25.00 paper; *Sword of No-Sword* \$15.00 paper; *Three Budo Masters* \$12.00 paper; and *Three Zen Masters* \$10.00 paper.

Kototama

The Secret Sounds of Aikido

By John Stevens

\$8.99. cassette. ISBN 9990218854.

Aikido Today Magazine

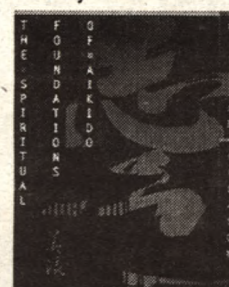
Morihei Ueshiba told his disciples that one of the keys to unlocking the secrets of Aikido was to experience the "subtle functioning of *Kototama*." Reciting these mysterious seed syllables evokes the "word-spirit" of existence and allows one to call up physical power. On the first side of this tape, John Stevens slowly recites the *Kototama* chants, with lead-ins in English; then they are chanted by an American "Aiki Chorus." On the second side, we hear the *Kototama* as they are chanted under normal training conditions in Japan (at the Tohoku Fukushi University Aikido club). Based on Ueshiba's teachings, these chants have been especially designed for both Eastern and Western Aikido practitioners.

The Spiritual Foundations of Aikido

By William Gleason

\$19.95. 203 pp. paper. ISBN 0892815086.

Destiny



"Aikido is undefeatable because it doesn't fight." — Morihei Ueshiba, founder of aikido. Ueshiba was one of the great martial arts masters of all time. He successfully met the challenges of mas-

ters from other disciplines (sometimes several at a time), and of his students, who were invited to attack him at any

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THE PLEIADIAN AGENDA

A New Cosmology for the Age of Light
Barbara Hand Clow Introduced by Brian Swimme
Barbara Hand Clow explains further who the Pleiadians are and why they are here now. She describes a cosmic drama that is functioning simultaneously in nine dimensions, with Earth as the chosen theater. The timing of the critical leap that is unfolding through 2012 AD is revealed through the alchemy of the Goddess, the Mayan calendar, and the dawning of the age of Aquarius.

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Awakening Your Divine Ka
Amora Quan Yin
This workbook teaches Pleiadian Lightwork for opening the "ka channels," which pull energy from our multidimensional holographic selves into the physical body. This alignment of the divine self and the physical body raises the vibratory rate, rejuvenates and balances our bodies, and accelerates spiritual and emotional evolution.

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\$16.00, 192-page paperback

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MATH & SCIENCE TO MENTAL SCIENCE

moment — even if he was eating or using the bathroom! Although he had no formal training in Zen, he had experiences of Satori (enlightenment) and was also miraculously able to see into the minds of others and anticipate the movements of his opponents. Ueshiba taught aikido as a way of spiritual understanding and personal transformation by which practitioners merged their own being with the spirit of the universe. Aikido might be called "Zen in motion," since it relies on a free-flowing state of mind that is never caught by an opponent's actions. A fighting or competitive spirit has no place in aikido; rather, one becomes invincible through non-resistance, or more practically, by unifying oneself with an opponent's intention and redirecting his force. William Gleason is a fifth-degree black belt who spent over ten years in Japan. His book documents Ueshiba's amazing life story and discusses in depth the spiritual principles on which Aikido is based. He also illustrates — with 22 sequences of photographs — the actual methods of Aikido. Ueshiba's abilities as a martial artist were remarkable, but even more remarkable was his demonstration that one can live without being drawn into a spirit of conflict. Ultimately, his work was dedicated not only to an individual discipline, but to world peace. There has been much interest in the West in "bushido," the way of the warrior. Perhaps aikido is its highest expression.

Math & Science

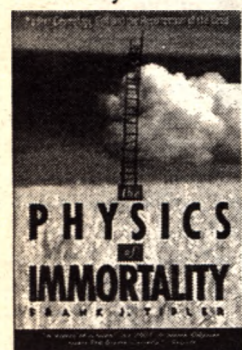
The Physics of Immortality

Modern Cosmology, God and the Resurrection of the Dead

By Frank J. Tipler, Ph.D.

\$14.95. paper. ISBN 0385467990.

Doubleday.



Frank Tipler is a professor of Mathematical Physics and a major player in the field of global general relativity, the branch of physics created by Stephen Hawking. Like most modern scientists, Tipler was an atheist who gave little thought to questions of theology. Yet, in devising a mathematical model of the end of the universe, and by relying on the rigorous procedure of logic that science demands, he created a proof of the existence of God. This most readable book, which demystifies the nuances of modern physics, has the potential of unifying two systems of belief, science and

NEW IN PAPERBACK religion,

which have been opposing for 200 years. Tipler regards all possible types of living beings, intelligent or not, to be of the same nature and subject to the same laws of physics that govern information processing devices. Some people, he states, find this approach to life repulsive: "They are convinced that regarding people as machines would mean people would have no free will, that there is no hope of individual life after death. . . In fact, the opposite is true...that human beings are machines of a very spe-

cial sort allows us to *prove* that we humans probably have free will, that we shall have life after death in an abode that closely resembles the Heaven of the great world religions." How Tipler reaches this conclusion is the subject of his interesting book.

Schrödinger's Kittens And The Search For Reality

Solving The Quantum Mysteries

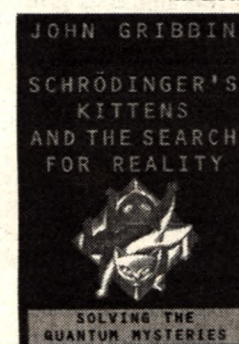
By John Gribbin

\$23.95. 261 pp. cloth. ISBN 0316328383.

Little, Brown

"All these fifty years of conscious brooding have brought me no nearer to the answer to the question 'What are light quanta?' Nowadays every Tom, Dick and Harry thinks he knows it, but he is mistaken."

— Albert Einstein, in Letter to M. Besso, 1951



The great twentieth century physicist, Richard Feynman, shared Einstein's sentiments in the mid-1960s. "I think I can safely say that nobody understands quantum mechanics," he said. In the mid-1980s, physicists were still struggling to explain quantum theory. As they saw it, for all its strangeness, quantum theory works — it is the theory that underpins our understanding of lasers, computer chips, the DNA molecule, and much more. The "paradox" of Schrödinger's cat, which is alive and dead at the same time, has become almost a cliché over the past ten years. But this is the "experiment" that proved the part

EDITOR'S CHOICE played by a conscious observer in

determining what happens in the microworld. John Gribbin, astrophysicist, takes the experiment further. He suggests we begin by imagining the daughters of Schrödinger's cat in space and then illustrates from that perspective the power of observation. While Gribbin points out that physicists are still trying to understand quantum theory (even as they go on proving that it works), he includes interpretations of quantum mysteries by physicists from around the world that do answer some quantum questions. A new understanding rests not only on the appropriate interpretation of quantum theory, but also on an explanation of the behavior of light within the framework of relativity theory. Here, Gribbin brings both stories up to date, and shows that the best explanation of the way the Universe works, as well as the resolution of all the quantum mysteries, brings together both quantum ideas and relativity theory. The useful bibliography will aid you in finding out more on these intriguing topics.

Other interesting titles by John Gribbin are:

In the Beginning: The Birth of the Living Universe. \$12.95. paper.

In Search of Schrödinger's Cat. \$12.95. paper.

Unveiling the Edge of Time. \$13.00. paper.

Blinded by the Light. \$20.00. cloth.

Meditation

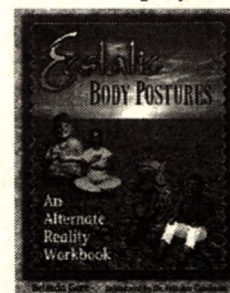
Ecstatic Body Postures

An Alternative Reality Workbook

By Belinda Gore

\$20.00. 284 pp. paper. ISBN 1879181223.

Bear & Company



This book presents a disarmingly simple method for achieving ecstatic trance and visionary experiences. The method is based on Gore's discovery that certain works of non-

Western art — such as statues and rock-paintings — are not simply decorations, but ritual instructions. From the strong, upright Bear Spirit Posture shown in carvings of the Northwest Pacific Coast Indians to the cross-legged Olmec Diviner Posture, you'll find well-illustrated and simple instructions for invoking trance as well as breathing and cleansing exercises to prepare your body and the space around you. Research has shown that people who assume these postures report strikingly similar meditative experiences, proving that certain gestures, done properly, actually trigger us into accessing altered states of consciousness.

Wherever You Go, There You Are

Mindfulness Meditation in Everyday Life

By Jon Kabat-Zinn

\$12.95. paper. ISBN 0786880708.

Little Brown

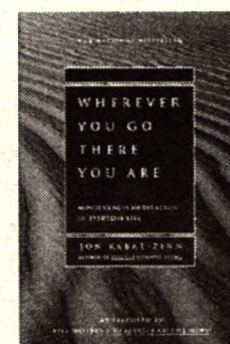
\$19.95. cloth. ISBN 1562827693.

Hyperion

And the companion audio cassette from Audio Renaissance

\$16.95. 2 cassettes. 3 hours.

ISBN 1559272627.



Mindfulness is considered the heart of Buddhist meditation, but its essence is universal and of deep practical benefit to all. In essence, mindfulness is about wakefulness. Our minds are such that we

are often more asleep than awake to the unique beauty and possibilities of each present moment as it unfolds. While we often lose touch with the only time we have to live, grow, feel, love, learn, and heal, our mind also has the innate capacity to awaken to the present. This awakening benefits both ourselves and others. In this book, Jon Kabat-Zinn maps out a single path for cultivating mindfulness in one's own life. It speaks to anyone who cares deeply about reclaiming the richness of every moment.

Also available by Jon Kabat-Zinn are: *Full Catastrophe Living* \$13.95 paper; and the audio cassette set, *Mindfulness Meditation Workshop* \$24.95.

Mental Science

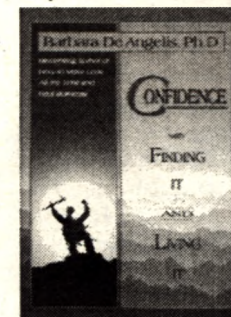
Confidence

Finding It and Living It

By Barbara DeAngelis, Ph.D.

\$12.95. 144 pp. paper. ISBN 1561703184.

Hay House



What made Dr. Barbara DeAngelis special, back in her days as a radio host, was her ability to listen. She knows how to get right to the heart of the problem, recognizing hidden motives that we

often aren't even aware of. Now, in her new book, the best-selling author of *Real Moments* and *Are You the One for Me?* shares her unique ideas about the elusive quality of confidence. You'll learn how to spot what you're doing in your life that takes away your confidence, and find out what you need to do to create more of it; you'll really experience how true confidence feels so that you can recreate that spark when you need it most; and you'll learn to tap the secret source of wisdom inside yourself that is always available to you.

Other Barbara De Angelis books are: *Are You The One For Me* \$9.95 paper & \$15.95 audio cassette; *How To Make Love All The Time* \$9.99 paper; *Real Moments* \$10.95 paper & \$16.99 audio cassette; *Real Moments for Lovers* \$14.95 cloth & \$15.99 audio cassette; *Secrets About Men Every Women Should Know* \$9.95 paper.

Dream Mail

Secret Letters for your Soul

By Katya Walker

\$16.95. 318 pp. paper. ISBN 1884178189.

Kairos Center



"Not interpreting a dream," says Sigmund Freud, "is like not reading a letter that's been sent to you." Walter sees dreams as gifts from the unconscious, ready to offer guidance if we can figure out their hidden lan-

guage. With the *I Ching* and extensive journal work, awareness of the right- and left-brain and constant self-observation, she's compiled a year's worth of dreams and waking meditations into a guide to lead you down this non-linear path. "Creative dreaming can change the quality of your life more completely than any amount of will power," she writes, and helps you interpret and influence the seemingly random images you encounter night after night.

Notes From a Friend

A Quick and Simple Guide to Taking Charge of Your Life

Anthony Robbins

\$7.95. 112 pp. paper. ISBN 068480056X.

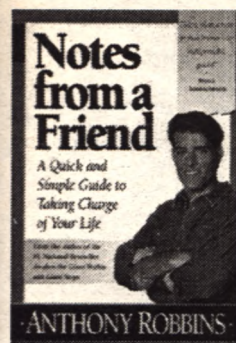
Simon & Schuster.

Personal power means being persistent in taking action: Every time you do something, you learn from it, and you find a way to do it better next time. — Anthony Robbins

Notes from a Friend is based on the concepts and stories in Anthony Robbins'



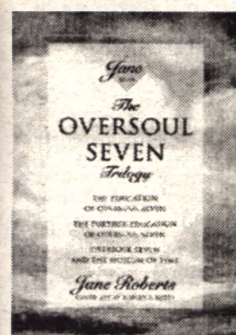
MENTAL SCIENCE



bestsellers *Awaken the Giant Within* and *Unlimited Power*. It simplifies the material in these larger books and offers you simple steps for immediately improving the quality of your life. The book was written to assist those who are going through "tough times." Anthony Robbins is an extraordinarily successful entrepreneur and consultant. All author's royalties from this new edition of *Notes from a Friend* are being donated to the Anthony Robbins Foundation to support the Basket Brigade and other volunteer projects. You can read more about the foundation in the book.

The Oversoul Seven Trilogy

Jane Roberts
\$19.95. 545 pp. paper. ISBN 1878424173.
Amber-Allen Publishing.



Jane Roberts' three tales about her beloved character Oversoul Seven, an ageless student of the universe, are brought together in one stunning volume, *The Oversoul Seven Trilogy*. Oversoul Seven's adventures take him/her and you into the realms of reincarnation, dreams, out-of-body travel, and spirituality. The novels were inspired by Jane Roberts' own experiences as the author of the *Seth* books. In *The Education of Oversoul Seven*, Seven explores the true nature of his being as he learns to communicate with four of his "incarnations." In *The Further Education of*

Oversoul Seven, the adventure continues with Seven facing new lessons as his human incarnations struggle with the problems of sanity, free will, and even godhood. In *Oversoul Seven and the Museum of Time*, Seven is instructed to take up residence in a human body while also journeying to the Museum of Time in search of the "Codicils." The Codicils are eternal truths that bring about the greatest opportunities for vitality, understanding, and fulfillment. These fantastic adventures full of 'real' moments, which uncover insights into our inner being, will touch you deeply and become part of your own story.

A Rich Man's Secret

An Amazing Formula For Success

By Ken Roberts

\$9.95. 205 pp. paper. ISBN 1567185800.

Llewellyn Publications.

The Key to Wealth & Wisdom Lies Just Beyond Your Thoughts. — from *A Rich Man's Secret*



A Rich Man's Secret is a powerful tool for success. Written in the style of a detective story, the book creates a trail for you and the main character, Victor Truman, to follow. The trail leads to a great treasure. Victor Truman is a modern-day everyman. When we first meet him, he is at a loss about what to do with his life. Then, one day, while retrieving an errant golf ball, Victor, stumbles upon a forgotten woodland cemetery and a tombstone engraved with the message, "Take the first step—no more, no less—and the next will be revealed." Victor discovers that the stone marks the grave of wealthy industrialist Clement Watt, whose aim Victor later discovers was to help "orphans" find their "right place." Victor takes the first step and in doing so

rises to the challenge of leading a truly rich life. Ken Roberts is one of the world's most acclaimed financial gurus and entrepreneurs. *A Rich Man's Secret* is his first novel.

Thinking and Destiny

Being the Science of Man

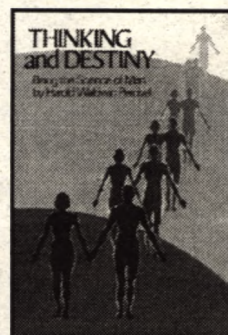
By Harold Waldwin Percival

\$16.95. 1021 pp. paper.

ISBN 0911650067. The Word Foundation.

\$29.95. deluxe gold-stamped cloth.

ISBN 0911650091.



Both the casual browser and the serious inquirer will be intrigued by this mighty book and greatly rewarded by its reading. It literally is the science of the whole man containing over 400 subjects in 149 sections. In the thirty pages of symbols and charts, the student will find new and valuable material heretofore unavailable. It may take a year to read but you will be rewarded with immediate and far-reaching results such as new purpose and self-knowledge. As it indicates in the book, "By using this system to train yourself how to feel, what to desire and how to think — and so learning *what to do* and *what not to do* — your level of conscious awareness will be raised, and your body will be improved at the same time." It contains one of the most comprehensive, logical, and thorough presentations of *karma* available. The eleventh edition of this book, now available, has a new, modern typeface and a greatly expanded index. It includes for the first time, the original chapter: *Masonry And Its Symbols*, which Percival was persuaded to publish as a separate book. This highly recommended book is not to be missed.

"I dare make strange and startling statements

to the conscious and immortal self that is in every human body; and I take it for granted that the individual will decide what he will or will not do with the information presented."

— Harold W. Percival

What If...

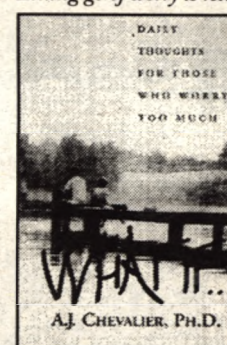
Daily Thoughts for Those Who Worry Too Much

A.J. Chevalier, Ph.D.

\$8.95. 378 pp. paper. ISBN 1558743421.

Health Communications, Inc.

Letting go of worry is returning to faith in myself.



In this 366-day affirmations book, therapist A.J. Chevalier will show you how to reframe your worries into positive behavior. You will learn to deal with stress by flowing with your usual response (worry), recognizing your feelings of worry and looking for opportunity in each worrisome situation. Each daily entry begins with a 'what if...' worry. The worry is sorted out and Chevalier offers you ways to change the worry into positive action. An affirmation of the personal strength that you can gain from the situation follows. *What If...* will help you see your many sources of worry for what they are: opportunities for positive change and growth. A.J. Chevalier, Ph.D. is a therapist in practice for twenty years, specializing in recovery issues.

What if...

My friends react strangely to some of my choices?

Right action comes easily to me. My choices need only be approved by me.

What if...

I respected the differences between myself and others?

When I open myself to differences in others, I gain by learning about their ways.

You Can Have Profound Spiritual Experiences

• DOORWAY TO THE SOUL •

An inspiring new book by
Ron Scolastico, Ph.D.

will show you how to use the key of consciousness to unlock the spiritual dimensions of reality. You will learn how to discover the purpose of your life through an inner engagement with your soul.

"DOORWAY TO THE SOUL is filled with extraordinary spiritual wisdom. It offers you inspiration and direction for finding inner peace and outer fulfillment."

Barbara De Angelis, Ph.D.

Best-Selling Author of *Real Moments*

"This book profoundly addresses the deep hunger for love, connection, and spiritual experience that many feel in this period of time."

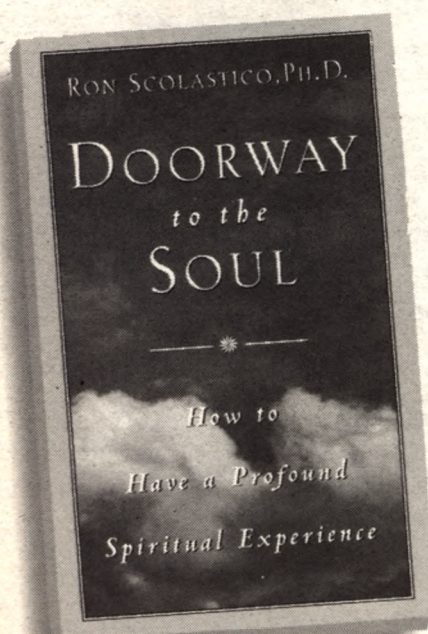
Jack Canfield, Best-Selling Co-Author
of *Chicken Soup for the Soul*

"Dr. Scolastico's book helps you feel the magnificence of yourself as an eternal soul, and as a vibrant human being."

Louise Hay, Best-Selling Author
of *Life! Reflections on your Journey*

"DOORWAY TO THE SOUL reminds me of the truth of our spiritual origins. When I read this book, my heart and mind were deeply touched."

Les McCann, Internationally
Renowned Jazz Musician



SCRIBNER, hardback, 174 pgs., \$17, ISBN 0-684-81352-1

FOR A FREE CATALOG OF BOOKS AND TAPES BY DR. SCOLASTICO, CALL 1-800-359-3771

MUSIC & NATIVE AMERICAN

Music

Aeterna

By Constance Demby
\$16.98. CD ISBN 2504110512; \$9.98.
Cass. ISBN 2504110514.
Hearts of Space Records



When she released her landmark album *Sacred Space Music*, Constance Demby pioneered a contemporary orchestral spacemusic sound, which some might compare to the romantic period in classical music. She followed that album with the thematically similar *Novus Magnificat*, and now with the release of *Aeterna*, we have the third installment in what could be considered a musical trilogy. Composed and performed entirely on sophisticated electronic keyboards, there is a galaxy of ethereal sounds to transport the listener to the farthest reaches of space and to the deepest realms within. The album is dedicated to the healing of the heart, and the musical journey it takes the listener on has a magical effect.

Karuna

By Nawang Khechog
\$15.98. CD ISBN 9401710042; \$9.98.
Cass. ISBN 9401710044. Domo Records



Nawang Khechog is a remarkable Tibetan musician and composer. He plays flutes and all manner of ancient instruments from Tibet, Australia, Africa, Japan and Native America. He has even learned the chordal chant technique practiced by Tibetan monks. He uses all this, along with female vocals and the synthesizer talents of Kitaro on a very impressive and deeply moving first album. *Karuna* means compassion in Sanskrit, and, as a fundamental tenet of Tibetan Buddhism, is at the heart of Tibetan culture. Khechog's album surely embodies the vibration of *Karuna* — at times reflective and meditative, joyful and playful, poignant and moving. The final track on the album, *Peace Through Kindness*, chants in Tibetan the words "... May peace prevail in the world. May all be kind to each other" with an anthem-like quality, that inspires the listener to live this ideal in the world.

The Lily and the Lamb

Chant and Polyphony from Medieval England
By Anonymous 4
\$18.98. CD ISBN 9304671252; \$11.98.
Cass. ISBN 9304671254.
Harmonia Mundi



The Lily and the Lamb is the fourth album from Anonymous 4, which is the same group that did the landmark album *An English Ladymass*.

Here, once again, Ruth Cunningham, Marsha Genensky, Susan Hellauer and Johanna Rose collaborate on an outstanding collection of chant and polyphony from medieval England. Their vocal excellence transcends technique and transports the listener to the realm of the spirit. If you love sacred choral music from the Christian traditions sung in Latin, there is no better female expression of this than the work of Anonymous 4.

The Mirror Pool

By Lisa Gerrard
\$17.98. CD ISBN 9362459162; \$11.98.
Cass. ISBN 9362459162. 4AD Records



Fans of *Dead Can Dance* will be awed by this remarkable reflection of the creative spirit of Lisa Gerrard. *The Mirror Pool* takes a form that is reminiscent of classical oratorio, with elements of sacred choral chant and Middle-Eastern music. She sings with a dynamic, clear and piercing voice, chanting sounds and strings of improvised syllables that speak a language understood at the level of intuition and feeling. The symphonic sound of the arrangements expands the passionate mood and dramatic intensity of the music. Lisa Gerrard's solo effort is a unique album of brilliant creative genius.

Primalvision

A Technotribal Journey
By Randy Roos
\$15.98. CD ISBN 8361620152; \$9.98.
Cass. ISBN 8361620154. Narada Records



The liner notes for this album offer extensive dictionary definitions for coined compound words in the title. A distilled definition of the title might go something like this: an essential and imaginative new view of the sacredness and creativity of the communities of all peoples using technology as an art to transcend the ordinary to reach the extraordinary. Randy Roos accomplishes this wonderfully by using sampled ethnic sounds, electronic keyboards, percussion, bamboo flute, electric guitar, and the warm sounds of acoustic guitar. The rhythms are energetic and danceable. The overall sound is spacious and atmospheric, evoking the sensibilities of diverse ethnic cultures within the framework of a New Age fusion style. This album has depth of feeling and is quite visionary in its purpose.

Quantum Dreaming

By Inlakesh
\$15.98. CD ISBN 9990216789; \$9.98.
Cass. ISBN 9990216797. Inlakesh Music
Inlakesh — whose name means "I see in you another me," — is a group whose music is centered around two didgeridoo players. This collection of contemporary compositions also incorporates the sounds of the Australian bush, drums,



flute, whales, cello, percussion and voice. For over 40,000 years the didgeridoo has been played in ritual ceremonies and stories by Aboriginal tribes in Australia. Continuing in this tradition, Inlakesh raises their songs to a new musical level. The result is a shamanic sound that transports the listener to a primordial place, which is almost beyond a sense of time and space.

Reiki

The Light Touch
By Merlin's Magic
\$17.98. CD ISBN 0910261857; \$10.98.
Cass. ISBN 0910261792.
Inner Worlds Music



The music on this album was composed to be played during treatments using Reiki, the energy healing method from Japan. But it can also be enjoyed on its own, to impart vibrations of serenity, beauty, healing and bliss. The gentle melodies contain musical motifs reminiscent of the classical music of Japan, while the harmonies harmonize body, mind and soul. The composer, Andreas Mock, plays keyboards, piano and guitar. He is accompanied by several capable musicians on violin, flutes, singing bowls, and saxophone. This work is one flowing sixty-minute composition, following the natural rhythm of the heart, which leaves the listener feeling balanced and at peace.

Native American Traditions

Bittersweet

By Mary Summer Rain
\$12.95. 246 pp. paper. ISBN 1571740325.
Hampton Roads.



This is Mary Summer Rain's twelfth book, and her second journal. Her first, *Soul Sounds*, was an overwhelming success, because it showed the medium Mary in her day to day context. But the events in her life between 1992 and 1995 were sometimes so strange, that she's arranged this new volume as a series of "stories", instead of a diary, because some might not believe it. Set on the top of a mountain in a secluded log cabin, Mary begins this volume with mysterious "visitors", who have things disappearing all over the house, and her old dog playing with an invisible playmate. And it continues with stories which certainly entertain, but also illuminate the life of a woman in touch with the spirits. Many dramatic changes have occurred in the life of Mary Summer Rain since the

publication of *Soul Sounds*, some of them quite astounding in their implications.

Dark Sister

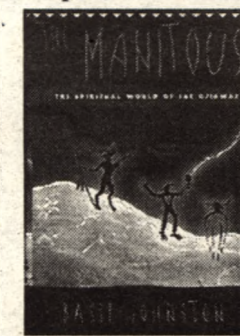
A Sorcerer's Love Story
By Lynn V. Andrews
\$23.00. 242 pp. cloth. ISBN 0060172029.
HarperCollins.



Lynn Andrews's tenth book in the Medicine Woman series might well be her best. It features Sin Corazon, a ravishingly beautiful new member of the Sisterhood of Shields who is encouraged to explore and confront her fascination with the dark mysteries in her soul in order to overcome them. When her husband abandons her for another woman, Sin uses what she has learned to unleash the full extent of her rage not only against men, but also against her own sisters and other women. This is a fascinating exploration of why women betray one another and destroy the ties that unite them. It is also a story of domination, deception, anger and revenge. "We have so much anger toward the world for not being heard and not being recognized and not being able to be who we really are in life, that it doesn't matter who we hurt, we just want to lash out", says Andrews. But this book — and the shamans — teach us why love is the triumph that helps us plumb the depth of our own inner truth, and the source of true power. Some of Lynn Andrews other books are: *Medicine Woman* \$12.00 paper & \$5.99 paper, \$16.00 cassette; *Woman At The Edge of Two Worlds* \$12.00 paper; and *The Power Deck — The Cards of Wisdom* a set of power cards \$26.00.

The Manitous

The Spiritual World of the Ojibway
By Basil Johnson
\$24.00. 247 pp. cloth. ISBN 0060171995.
HarperCollins



Spiritual tales, tribal teachings, and native legends are evocatively interwoven through the time honored oral tradition of the Ojibway, the ancient American and Canadian Indian tribe. As hunters, harvesters, homemakers, healers and storytellers, their major purpose in life was survival; and that need governed their dreams, hopes, aspirations and outlook. This awakened a consciousness that there were realities and presences in life other than the material. Spirits, or manitous, governed the earth, the animals, and their own lives. The word "manitou" means mystery, spiritual, mystical, supernatural or essence. And here you'll be entranced by wily tricksters, timorous tree spirits, wise grandmothers, seductive maidens and the ever-hungry evil giants, known as the Weendigoes. Johnson's richly woven book focuses on the manitous who lived among the Ojibway in the formative age of the people. The first two

NEW AGE PHILOSOPHY

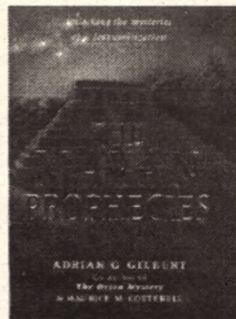
chapters are devoted to those who represent the origin of the Earth and humankind. The remaining chapters tell the legends of others, providing a window into an ancient culture, which also holds meaning for modern readers.

The Mayan Prophecies

Unlocking the Mysteries of a Lost Civilization

By Adrian Gilbert & Maurice Cotterell

\$24.95. cloth. ISBN 1852306920. Element



First came the fictional accounts — *The Celestine Prophecy* and *Mutant Message Down Under*. Now, here's a true story of an ancient culture's prophetic vision of the future of the earth. The most mysterious civilization in the history of Central America, the Maya were not only great architects, they also left an extraordinary legacy to the world in the form of an exact calendar. But who were they? Where did they come from, and why did their civilization suddenly disappear? This book answers these questions and many more.

New Age Philosophy

The Aladdin Factor

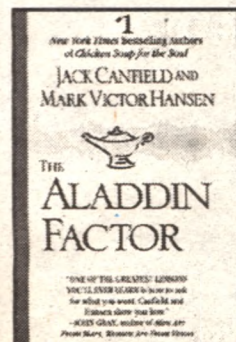
By Jack Canfield and Mark Victor Hansen

\$13.00. 277 pp. paper. ISBN 0425150755.

Berkley

and the companion audio cassette from Audio Renaissance,

\$16.95 Cassette. ISBN 1559273658.



"Ask and it shall be given..." Your inner wellspring of confidence and desire can give you the strength to make your wishes come true, such as personal happiness, creative fulfillment, and professional success. But many of us fear rejection and judgment or simply don't know what it is we want. Here, best-selling motivational authors Canfield and Hansen go a step beyond *Chicken Soup for the Soul* to help make you an active participant in your own happiness. They begin by pinpointing the five major stumbling blocks to asking for what you want and then teach simple techniques for overcoming them. *The Aladdin Factor* is another encouraging and uplifting book from Canfield and Hansen — and just in time for the holidays!

Other good books by Canfield and Hansen are: *Chicken Soup For The Soul* \$12.95 paper, \$12.95 audio cassette, \$9.99 1996 Calendar; *Second Helping of Chicken Soup For The Soul* \$12.95 paper; and *Dare To Win* \$5.99 paper.

At Peace in the Light

The Further Adventures of a Reluctant Psychic who Reveals the Secret of Your Spiritual Powers

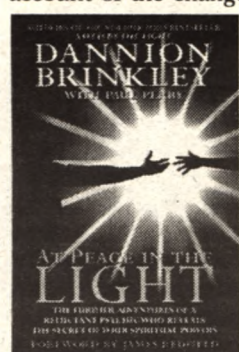
By Dannion Brinkley with Paul Perry

\$20.00. 208 pp. cloth. ISBN 0060176741.

HarperCollins

Brinkley follows his phenomenally successful *Saved by the Light* with this riveting

account of the changes he's experienced



since he "died" three times, and of the changes he has inspired in others. With candor he describes his struggle to become accustomed to his disorienting psychic ability; sometimes a brush against the hand of a stranger may bring a rush of visions and emotions, but whether to share them or not becomes a tough question. Ultimately, Brinkley has decided to reach out to the dying, and brings peace, warmth and real comfort to many people through his hospice work. He notes here that many of the dying also develop psychic abilities. At the same time, he watches as the predictions outlined in *Saved by the Light* unfold one by one. Brinkley was shown 117 future events by "The Beings of Light" that he met during his first near-death experience. To date, 95 of these have taken place. For example, one of his visions concerned the Middle East:

"The war over Kuwait, known as Desert Storm, came to me as images of a great tank battle in which warring armies charged at each other across naked desert. Cannon fire and explosions shook the earth and the date 1990 came into my head. All of that, of course, took place."

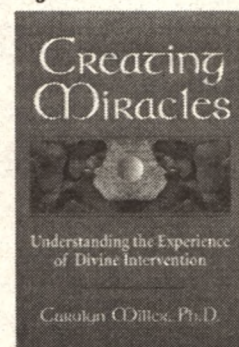
Creating Miracles

Understanding the Experience of Divine Intervention

By Carolyn Miller, Ph.D.

\$12.95. 350 pp. paper. ISBN 0915811626.

H.J. Kramer.



Carolyn Miller holds a Ph.D. in Experimental Psychology. After a near death experience, seemingly a miracle, she began to explore the possibility that miraculous solutions might be within the reach of everyone. In *Creating Miracles*, Dr. Miller explains how miracles work and shows us why prayer alone doesn't always produce them. She suggests that by entering into a serene and loving state of consciousness and following inner guidance, ordinary people can survive impending disaster. Many stories of "miracle workers" are presented and Dr. Miller draws on these amazing experiences to show us that "miracles are real, and accessing them requires only that we follow some clear and simple steps" which she presents. In the words of Dr. Miller, "You can treat miracles as just another interesting issue science has not fully resolved or you can take matters into your own hands and find out for yourself if divine grace is real by referring some of your problems to your higher power for solution." This is a challenge well worth taking because you can utterly transform your life in a positive way.

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." — Goethe

The Voice of Venus



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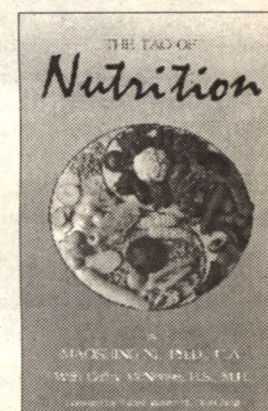
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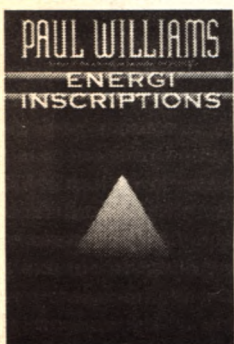
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Energi Inscriptions

By Paul Williams

\$7.95. 130 pp. paper. ISBN 0786702044.
Carrol & Graf.



Twenty five years ago Paul Williams wrote a wonderful little book called *Das Energi*, a collection of thoughts that rang true for a great many readers. It became a word-of-mouth bestseller and has been continually

in print ever since. Now, Williams has revisited the inner wall where he found that first set of messages about human energy and how to use it. *Energi Inscriptions* is about our natural resistance to spiritual knowledge, and the gentle ways and reminders that we develop to help us stay true to ourselves.

Self-protection follows self-deception.

The self doesn't mind.

It loves the attention.

Self-importance is our greatest addiction.

Obsessive attention to our own faults and problems is just as self-important as pride in our achievements.

Other Paul Williams books are:

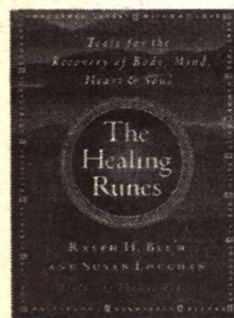
Das Energi \$12.00 cloth & \$6.95 paper;
Coming Home — A Book To Share With One
You Love \$6.95 paper; and *Apple Bay — Or*
Life On The Planet \$6.95 paper.

The Healing Runes

Tools for the Recovery of Body, Mind and Soul

By Ralph Blum & Susan Loughan

\$29.95. book and runes. ISBN
0312135076. St. Martin's.



After forty years of studying the world's oracular systems, the man who popularized the reading of Runes in *The Book of Runes*, has become ever more convinced of our need to look deeply into

ourselves; to go beyond the stories we tell about why we are the way we are; to find our own truth and, acting upon that truth, to take on the divinely appointed tasks we are here to perform. Ralph Blum began a new, personal recovery program when he attended his first twelve-step

EDITOR'S CHOICE

meeting in the early nineties. There he met Susan Loughan, and together they developed a new healing tool to supplement their healing. Since the Runes so profoundly address our spiritual lives, they provide the opportunity to progress at that level. So when you are feeling alone or afraid, when you are ailing — either physically or emotionally — or when you need some advice, put your hand in the bag and pull out a Rune. It has the power to provide comfort for the heart, ease for the body, peace for the mind and nourishment for the soul.

Other items by Ralph Blum are: *The Book of Runes* \$29.95 (Boxed Set Includes book and runes) & \$14.95 audio cassette; and *Rune Play — A Method of Self-Counseling*, \$10.95 paper.

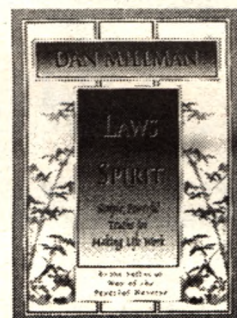
The Laws of Spirit

Simple, Powerful Truths for Making Life Work

By Dan Millman

\$14.00. 110 pp. cloth. ISBN 0915811642.
HJ Kramer

"I began to feel oddly disoriented. I lost my bearings in time as well as space; was this a primeval rainforest, a hillside in Shakespeare's England, the Scottish highlands or a mountain abode of the Chinese immortals? 'A long time since I've had a visitor', she said. 'I'm glad you have come, for I have much to share...'"



Here's a parable in which Millman encounters a woman of great wisdom while on a mountain hike. In this teaching tale, the seemingly ageless, nameless sage with amazing powers takes him on an odyssey of

spiritual discovery. Through stories, tests, and experiences in the wilderness she illuminates the laws of balance, choice, process, presence, compassion, faith, expectation, integrity, action, cycles, surrender, and unity. Within the mystery of our existence, the universe operates according to spiritual laws as real as the law of gravity and as constant as the turning of the heavens, and Millman knows just how to blend these universal principles with practical wisdom into a "peaceful warrior's approach to daily life."

Other good books by Dan Millman are:

Inner Athlete — Realizing Your Fullest Potential \$11.95 paper; *Life You Were Born To Live* \$14.95 paper; *No Ordinary Moments* \$12.95 paper; *Sacred Journey of the Peaceful Warrior* \$11.95 paper; and *Way of the Peaceful Warrior* \$11.95 paper.

The Little Book Of Big Questions

200 Ways To Explore Your Spiritual Nature

By Jonathan Robinson

\$8.95. 142 pp. paper. ISBN 1573240141.
Conari Press.

"To know what we do not know is the beginning of wisdom." — Indian saying



For years Jonathan Robinson tried to share some of his spiritual beliefs and experiences with his father.

For years, his father avoided the conversations. One day, instead of talking to his father about his own beliefs, Robinson asked him; "Have you ever had a really unusual or psychic experience?" That got his dad talking and from then on, the two men were able to share a whole new level of intimacy together. Robinson became hooked on the value of asking people profound questions about life's greatest mysteries, as he realized that the questions we ask others help us delve more deeply into our own beliefs, understandings, and experiences. Also, by asking ourselves these questions, we can sometimes uncover our own illuminating answers. The questions, inspiring anecdotes, and guided meditations in this little book can create a deeper connection with those you love. By asking yourself, your family, and friends these "big questions," you can discover answers to life's eternal mysteries and learn new ways of encountering the

sacred in daily life. Robinson has spent more than twenty years studying the most practical and powerful methods for psychological and spiritual growth.

"It is better to know some of the questions than all of the answers." — James Thurber

An example of a few questions from the "Quick Contemplations" section:

When someone is doing something that's annoying or hurting you, to help yourself experience compassion, try these questions:

1. What hurt must this person have experienced in order to act this way?

2. Behind this person's act or facade, what is this person crying out for?

3. How is what this person is doing like something I do?

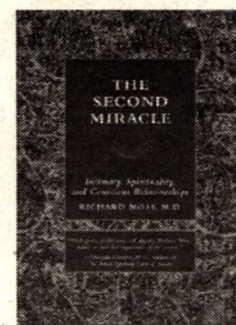
Jonathan Robinson's first book is: *Bridges to Heaven — How Well-Known Seekers Define and Deepen Their Connection With God* \$14.95 paper, Stillpoint.

The Second Miracle

Intimacy, Spirituality, and Conscious Relationships

By Richard Moss, M.D.

\$12.95. 233 pp. paper. ISBN 0890877653.
Celestial Arts.



For more than twenty years Richard Moss has taught about the indivisible oneness of our relationships to ourselves, to each other, and to the great mystery we call God. This is the fundamental

relationship — where we meet the divine within ourselves and where we see the divine reflected in the mirror of our relationships with other people. In *The Second Miracle*, Moss offers a majestic map of the spiritual journey with grace and dignity. The book is divided into three parts, somewhat like symphonic movements. The author suggests that the book be read aloud because it is more musical than intellectual. Part One discusses the "first miracle", which is subject-object consciousness and the capacity for symbolization and language. From both the strengths and the inherent limitation of this basic consciousness, he then describes the coming of the "Second Miracle" — the fundamental basis for our identity to which we are being called. Part Two discusses key aspects of Western mystical heritage to help us recognize the spirituality we are already living and the great invitation of a life in faith. In Part Three, Moss brings the teaching into daily life by exploring self-healing and spiritual practice. Specifically, he discusses the healing of childhood trauma, transmuting suffering, transformed body consciousness, working with energy, dreams, meditation, and prayer. He writes that "when we approach our lives through our feeling and in faith rather than through our thinking, we begin to truly incarnate a higher level of consciousness." The basic sense of this vital and important book is that through the "consciousness" we bring to all our relationships, we begin to live a path of enlightenment.

His earlier books are: *The I That Is We — Awakening To Higher Energies* \$8.95 paper; *How Shall I Live* \$8.95 paper; and *Black Butterfly* \$14.95 paper.

Sedona: Beyond The Vortex

The Ultimate Journey To Your Personal Place Of Power

By Richard Dannelley

\$12.00. 152 pp. paper. ISBN 0962945374.
The Vortex Society.



Vortices are the "energy patterns of sacred geometry" — places that have a powerful effect on their surroundings. By "tuning in" to Vortex energy we can improve and probably extend our lives, as Vortex energy

plays a part in the creation of life. An excellent example of this is genetic material or "DNA." The twin spirals of DNA create a Vortex as they rotate through time. Rotation is one of the primal forces in the Universe because all things spiral through time. As we gain the power to rotate our personal energy fields at high speeds we gain access to some very interesting powers. Richard Dannelley, author of *Sedona Power Spot, Vortex, and Medicine Wheel Guide*, presents in this book meditations and ceremonies that can be used at any of the Vortices to help you access the ascension energies and build your Diamond Body of Light, or Merkaba. Creating Merkaba is the goal of human evolution. Here he explores the Vortex as a universal quality that is present in all things and discusses the relation between Soul Awareness, Vortex Phenomena, Sacred Geometry, the Merkaba, the Medicine Wheel and ascension. Anyone who is interested in the possibility of ascension will find *Sedona: Beyond The Vortex* to be of great interest.

Silence And Solitude

Inspirations For Meditation and Spiritual Growth

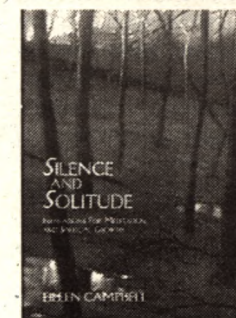
By Eileen Campbell

\$15.00. 165 pp. cloth. ISBN 0062512714.
HarperSanFrancisco.

When from our better selves we have too long been parted by the hurrying world, and droop, Sick of its business, of its pleasures tired, How gracious, how benign, is Solitude.

William Wordsworth

The Prelude IV 354



All too often our lives — whether at work or at play, are subjected to noise: telephones, the hum of computers, radios, chatter, traffic, or machinery . . . Our minds are constantly occupied from the

moment we wake up in the morning until the time we retire. As Wordsworth said, "The World is too much with us." *Silence And Solitude* offers soothing quotations to help you find calm within the turmoil. Here, within these pages, away from the hectic din of everyday life, is harmony and peace.

"And silence, like a poultice, comes To heal the blows of sound."

— Oliver Wendell Holmes

OCCULT

The Way of the Mystic

Seven Steps to Developing Your Intuitive Powers

By Betty Bethards and Jaclyn Catalfo
\$12.95. 153 pp. paper. ISBN 1852306904.
Element.

"There is but one cause of human failure and that is man's lack of faith in his true self." — William James



The purpose of the earthly incarnation is solely to know yourself. To know yourself means to love all parts of yourself — i.e. the weaknesses as well as the strengths. It means looking at

the self-imposed limitations and the limitations you let others put on you. *The Way of the Mystic* is a guide to finding your true self by finding a more intimate union with God. The mystic is actively involved in an ongoing process of changing the ordinary self into the Higher Self. This easy-to-use, interactive workbook can lead you there. Based on a highly successful course run by Betty Bethards, bestselling author of *The Dream Book*, the book's step-by-step exercises, worksheets, diagrams and techniques will encourage you to enhance your creative powers, deepen your perception, review your intuitive abilities and find balance in body, mind and spirit. Betty Bethards is a well-known spiritual healer and mystic. She is also the founder and president of the Inner Light Foundation in Petaluma, California.

Other books by Betty Bethards are: *Be Your Own Guru* \$12.95 paper; *Dream Book — Symbols For Self-Understanding* \$12.95 paper; *Sex and Psychic Energy* \$11.95 paper; *Techniques for Health & Wholeness* \$11.95 paper; and *There Is No Death* \$9.95 paper.

The Way of the Wizard

Twenty Spiritual Lessons for Creating the Life You Want

Deepak Chopra
\$15.95. 176 pp. cloth. ISBN 051770434X.
Harmony/Crown

And the companion audio cassette from Random House AudioBook,

\$14.00. cassette. ISBN 0679449213.

Not Available Until January, 1996.

However, we can accept orders.

The Way of the Wizard is a natural outgrowth of Dr. Chopra's work on the themes of the medieval Merlin myth and expands upon his current work on the philosophy and application of magic. It is thematically linked to *The Return of Merlin* and *The Seven Spiritual Laws of Success*. In *The Way of the Wizard*, Dr. Chopra elucidates twenty principles for creating the life you want by rediscovering the magic that we have lost, but that

remains within our grasp. The result is a practical and accessible guide to one of life's most rewarding journeys, the one into the realm of boundless possibilities that exists within and all around us.

Each chapter of the book begins with an aphorism or statement of the "lesson" followed by a dialogue between Merlin and his disciple Arthur. Then, Chopra explains the theory in "Understanding The Lesson", and finally, a way to experi-

ence it in "Living With The Lesson." This is a practical and inspiring guidebook to awaken us to the magic in everyday life.

"A Wizard exists in all of us. This wizard sees and knows everything."

—Deepak Chopra

Your Road Map to Lifelong Happiness

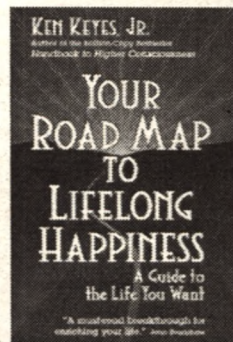
A Guide To The Life You Want

By Ken Keyes, Jr.

\$19.95. 307 pp. cloth. ISBN 0915972220.

Love Line Books.

"Every chapter in this book is focused on how we destroy our happiness — and how we can nourish it. We are remarkably adaptable and intelligent. So why are stress and unhappiness at such an epidemic level? It seems that a structural problem in our brains is doing us in." — from the introduction.



In his new book, the author of *Handbook to Higher Consciousness*, takes on, and takes apart the brain. He takes it apart in order to put us back together so that we function as better human beings. Our old

brain, which is about 250 million years old, is known as the unconscious. Metaphorically it is the "inner child." Our new brain, which is only about 40 thousand years old, is the conscious, thinking neocortex. The old brain and new brain find it hard

EDITOR'S CHOICE

to talk to each other and this creates enormous problems in our everyday lives. "It's like we tried to leap out of the jungle — but haven't quite made it yet!" says Keyes. His graphically illustrated book shockingly reveals the design defects in all human brains, but he shows how to offset the problems to increase our success and happiness. It is a practical, ground-breaking work that simplifies psychological healing, inner child work, relationship problems, and personal growth. It even offers breakthroughs in understanding how to reclaim lost self-esteem and self-confidence.

Other books of Ken Keyes are: *Handbook To Higher Consciousness* \$8.95 paper & \$9.95 audio cassette; *Gathering Power Through Insight and Love* \$6.95 paper & \$10.95 audio cassette; *Prescriptions For Happiness* \$6.95 paper; and *Your Heart's Desire — A Loving Relationship* \$6.95 paper.

Occult

The Orion Mystery

A Revolutionary New Interpretation of the Ancient Enigma

By Robert Bauval and Adrian Gilbert

\$14.00. 324 pp. paper. ISBN 0517884542.

Crown

Recent research suggests that the pyramids were much more than just tombs; the seemingly random pattern of their placement reveals that they were nothing less than a replica of heaven on earth. With great astronomical precision, the pyramids were created to serve as the pharaohs' gateway to the stars. This book tells of the discovery in 1993 of a hidden door in the Great Pyramid — unopened for 4,500 years — and of a secret that will



forever change our understanding of the Pyramids' meaning and purpose. Bauval combines over twenty years of research with an almost child-like awe for the sheer scale of the thing, and draws us with him into one of the greatest mysteries on the planet. His book is a number one best-seller in Britain.

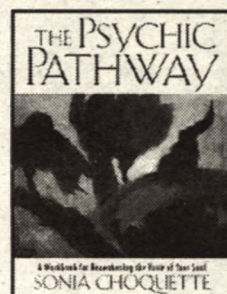
The Psychic Pathway

A Workbook for Reawakening the Voice of Your Soul

By Sonia Choquette

\$18.00. 288 pp. paper. ISBN 0517884070.

Crown



Choquette, a third-generation psychic, has developed a twelve-week program to help you trust and nurture your inherent psychic gifts. She'll teach you to understand and use psychic tools such as the

pendulum, Tarot and the *I Ching*, to identify and use the power of the chakras, to notice the psychic impact of others, and to keep a psychic's journal of coincidence and synchronicity. If you've ever had a telepathic or precognitive experience or a one-time psychic "flash" of inspiration, you can train yourself to be open to psychic guidance, to expect it, to trust it, and finally to act on it.

Urantia Book

The Urantia Book

By the Urantia Foundation

\$19.95. 2098 pp. paper.

ISBN 0911560505. Urantia Foundation

\$48.00. 2098 pp. cloth.

ISBN 0-911-56002-5. Urantia Foundation

Somewhere between philosophy and cosmology lies the *Urantia Book*, a unique manifesto about the genesis and destiny of man and his relation to God, as told by the Orvonton corps of truth revealers.

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Erich Neumann

With a foreword by C. G. Jung

Translated by R.F.C. Hull

Erich Neumann was one of C. G. Jung's most illustrious students. In this, his first work to be translated into English, he draws from his vast knowledge of world mythology to show that individual consciousness undergoes the same archetypal stages of development as has human consciousness as a whole. Originally published forty years ago, this book remains a fascinating and enduring classic. Bollingen Series/Mythos Series 30 Illustrations. Paper: \$16.95 ISBN 0-691-01761-1

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Miranda Shaw

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"A very important book. . . . Miranda Shaw has done an incredible piece of work. *Passionate Enlightenment* startles us awake with the possibilities it portrays." —Tantra: The Magazine

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Poetry

Ahead of All Parting

The Selected Poetry and Prose of Rainer Maria Rilke
Edited and Translated by Stephen Mitchell
\$18.00. 615 pp. cloth. ISBN 0679601619.
Modern Library.



If you're not yet familiar with Rainer Maria Rilke's work, Stephen Mitchell's acclaimed translation will serve as the perfect introduction. Rilke's reputation is growing as steadily as the recent interest in poetry,

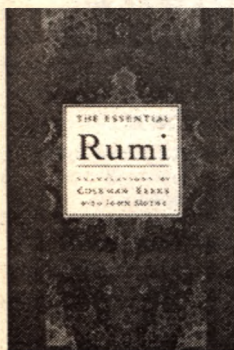
because he is one of the greatest talents of the twentieth century. This is an abundant collection: it contains representative poems from his early collections, many from the revolutionary *New Poems*, a generous selection of the late uncollected poems and a few obscure gems. Included as well are passages from the novel *The Notebook of Malte Laurids Brigge* and nine absorbing prose pieces. Finally, this collection includes the *Duino Elegies* and *The Sonnets to Orpheus*, widely considered his greatest achievements. Rilke is a wonderful, important poet. His voice is as formal and powerful as it is light and accessible and his artistry with both words and ideas are quite amazing. From one of his earliest:

*I live my life in widening rings
which spread over earth and sky
I may not ever complete the last one
but that is what I will try.*

The Essential Rumi

Translations By Coleman Barks with John Moyne
\$18.00. 302 pp. cloth. ISBN 0062509586.
HarperSanFrancisco.

"At the end of our wanderings there is only the soul's yearning to return to God. No one speaks that yearning better than Rumi. No one, these days, does Rumi better than Coleman Barks." — Ram Dass



Simply put, this is a stunning book. After reading this collection of poems, Rumi's words will forever fill your heart. You will touch the moment and be alive. Jelaluddin Rumi was born September 30, 1207, in Balkh,

Afghanistan, which was then part of the Persian empire. Until the age of thirty-seven, he was a brilliant scholar and popular teacher. But his life changed when he met the powerful wandering dervish, Shams of Tabriz, of whom Rumi said, "What I had thought of before as God, I

met today in a human being."

From this mysterious and esoteric friendship came a new height of spiritual enlightenment. When Shams disappeared, Rumi began his transformation from scholar to artist, and his poetry began to

fly. Coleman Barks has published several books of Rumi's writing and is widely regarded as the premier English interpreter of Rumi. He teaches poetry at the University of Georgia. Keep *The Essential Rumi* by your bedside. Each night, as you read, you will be transported to the magical, mystical, place of a whirling, ecstatic poet.

*Dance, when you're broken open.
Dance, if you've torn the bandage off.
Dance in the middle of the fighting.
Dance in your blood.
Dance, when you're perfectly free.*

The Green Sea of Heaven

Fifty ghazals from the Diwan of Hafiz
Translated by Elizabeth T. Gray, Jr.
\$14.95. 170 pp. paper. ISBN 1883991064.
White Cloud Press.



Hafiz (fourteenth century) is acknowledged as the unrivaled master of the classic Persian ghazal, a strict and lyric form of poetry roughly equivalent to the English sonnet in length and complexity.

Even today, his verses are sung or recited throughout the Persian speaking world, and his collected works are held in such high esteem that, like the Qur'an, they are used for divination and augury. He is often described as "the tongue of the Invisible" and "the interpreter of the mysteries." Elizabeth Gray's collection of fifty ghazals from the *Diwan* (collected works) of Hafiz reveal the poet's genius, both in his passion for the Divine Beloved and his art. Readers will also notice his exaltation of music and wine as vehicles of transcendence and religious ecstasy — a scandalous notion to the Muslim clergy of Hafiz's day.

Each one who became an intimate of the heart remained in my love's sanctuary, and the one who didn't understand remained in denial

*Don't fault my heart if it shed the veil.
Thank God it didn't stay veiled in its imagination.*

*The Sufis redeemed all the clothes they pawned for wine.
Only our coat remained in the tavern.*

*The other Sufis passed by drunk and no one noticed.
Only our story remained the talk of every bazaar.*

The ruby wine we took from the pale hand turned to pure regret and remained in our eyes like pearls.

*My heart has been his lover from before creation to beyond time.
We have heard of no one else who has been eternal in this work.*

I have never seen a more beautiful reminder than the words of love that linger in this turning dome.

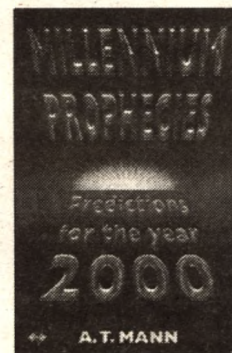
*The narcissus tried to mimic your sultry eyes.
Your ways were beyond him, and he lies sick still.*

*One day Hafiz's heart went to gaze at his lovely curls.
It meant to return but remained entangled forever.*

Prophecy

Millennium Prophecies

Predictions for the Year 2000
By A.T. Mann
\$7.95. 140 pp. paper. ISBN 1852306858.
Element

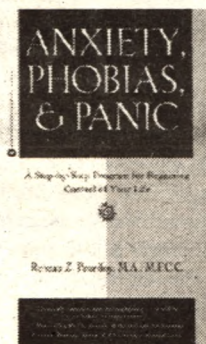


Mann examines and compares the predictions of Nostradamus, Edgar Cayce, St. Malachy and others to explain the mysteries of our era: Will the world's coastal areas be submerged after the shift of the Earth's axis around the year 2,000, as Cayce suggests? Or will we live under the reign of Nostradamus' "Third Antichrist"? With an astrologer's perspective and an historian's love for detail, he offers astrological charts for events such as the Major Planetary Alignment of 1999 as well as time-lines comparing prophecies from Fatima's "Second Coming" to Carl Jung's privately published *Seven Sermons to the Dead*. With only a few years to go, it's time to start wondering about the millennium. Which of these earth-shattering prophecies will we witness: alien visitation, another Ice Age? Or maybe even an era of peace and love?

Psychology

Anxiety, Phobias and Panic

A Step-by-Step Program for Regaining Control of Your Life
By Reneau Z. Peurifoy, M.A., M.F.C.C.
\$10.99. 363 pp. paper. ISBN 0446670537.
Warner.

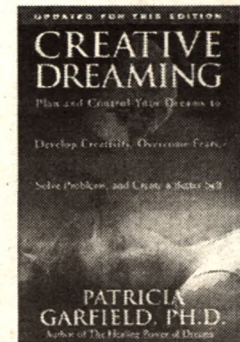


If you have anxiety or phobias, you may feel that you are alone in your suffering, yet the National Institute of Mental Health ranks anxiety disorders as the most common mental-health issue in the United States.

During any given six months, about 16 million people will experience anxiety disorder, panic disorder, agoraphobia, social phobia, obsessive-compulsive disorder, specific phobias or post-traumatic stress disorder. You may feel that fear has become your master and that control of your life has slipped from your hands, but there is help. Reneau Peurifoy's compassionate, step-by-step, interactive workbook is designed to help you overcome your nervous disorder, whatever it is. He begins with a clear outline of what constitutes anxiety disorders and phobias, and continues with practical techniques to turn your life right around. Peurifoy is an internationally recognized specialist in anxiety related problems and clearly, a concerned and understanding therapist.

Creative Dreaming

Plan and Control Your Dreams to Develop Creativity, Overcome Fears, Solve Problems, and Create a Better Self
By Patricia Garfield, Ph.D.
\$12.00. 272 pp. paper. ISBN 0684801728.
Firestone.

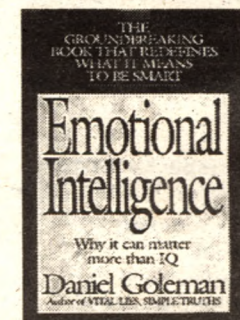


It has been twenty years since *Creative Dreaming* was first published 'to international acclaim, and a large dose of controversy. After extensive research into modern dream laboratories as well as the spirituality of ancient cultures, Patricia Garfield concluded that every dreamer could and should use his or her dreams as a personal resource to improve waking life.

EDITOR'S CHOICE Dreams are a lot more than random images that play in your head at night. You can plan your dreams ahead of time, influence them while they are occurring, and recall them and their lessons forever afterward. Now with revisions, and a new introduction, *Creative Dreaming* remains as fascinating and relevant today as it did in the seventies. With Garfield's techniques, you will be able to increase your ability to concentrate and recall, achieve self-understanding, identify and find ways to manage waking problems, deal with nightmares and richly develop your creativity.

Emotional Intelligence

Why it can matter more than IQ
By Daniel Goleman
\$23.95. 352 pp. cloth. ISBN 055309503X.
Bantam.



This book offers a challenge to those who believe that IQ is a genetic given that determines our destiny in life. What happens when those of high IQ flounder, and those of modest IQ do surprisingly well?

The difference lies in *emotional intelligence* which includes self-control, zeal, persistence, and the ability to motivate oneself. Completely supported by scientific research, Goleman describes how we learn the emotional habits that can undermine our best intentions, how we neurologically "play out" emotional IQ's, and the differences between individuals this aptitude makes. But he also describes the malleability of our brain chemistry and how temperament is not necessarily destiny. Certainly there are hazards involved in failing to master emotional life, but we can teach our children the social skills they need to keep on track. In the end, the problem is not with emotionality, but with the appropriateness of emotion and its expression. Read this book. It holds implications for our wider society.



Growing Season

A Healing Journey Into the Heart of Nature

By Arlene Bernstein

\$13.95. 160 pp. paper. ISBN 1885171102.
Wildcat Canyon Press.

Like most women of her era, Arlene Bernstein fully expected to become a mother, and thought that motherhood would define her identity. But she lost three children, and had to face the reality

that what she had dreamed, would never be so. In this book — a beautifully described account of her healing journey — Arlene writes about how her garden taught her to observe simply "what is" without judgment and to live life as active imagination. Then, as she discovers the power of meditative attention, her intimate observation of the land transforms her grief into self-renewal. The asparagus speaks to her about living in the moment; a gopher teaches her to change her attitude; a toad teaches about harmony; an encounter with tomato hornworms teaches her compassion and self-forgiveness. Ultimately Ms. Bernstein learns — and shows us — how to transform our tragedies into opportunities for celebrating the joys of life.

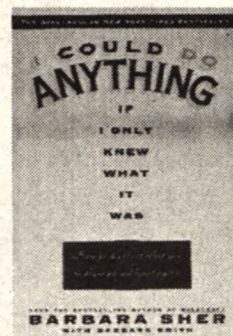


I Could Do Anything If Only I Knew What It Was

How to discover what you really want and how to get it

By Barbara Sher

\$11.95. 322 pp. paper. ISBN 0440505003.
DTP.



Are you having trouble going after what you want in life because you can't figure out what it is? You are not alone. Recent figures show that as many as 98 percent of Americans are unhappy in their jobs — and it isn't only financial considerations that keep them where they are. Barbara Sher says that something inside you is stopping you from knowing what you want; the first thing her book does is help you identify your particular inner conflict. Then it shows you how to regroup and get on the right track. In this

new period of economic history, we're becoming a nation of experts — consultants and entrepreneurs — where we'll be hired on a job-by-job basis according to our special talents. And who's going to come shining through these cultural changes? Everyone who is willing to develop what he or she really loves into a niche where they can excel. So this book will guide you, not to another unsatisfying job, but to a richly rewarding career rooted in your heart's desire.

NEW IN PAPERBACK

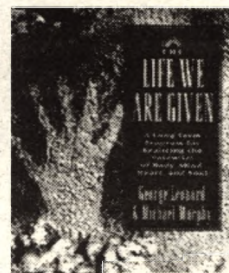
new period of economic history, we're becoming a nation of experts — consultants and entrepreneurs — where we'll be hired on a job-by-job basis according to our special talents. And who's going to come shining through these cultural changes? Everyone who is willing to develop what he or she really loves into a niche where they can excel. So this book will guide you, not to another unsatisfying job, but to a richly rewarding career rooted in your heart's desire.

The Life We Are Given

A Long-term Program for Realizing the Potential of Body, Mind, Heart, and Soul

By George Leonard and Michael Murphy

\$14.95. 220 pp. paper. ISBN 0874777925.
Tarcher/Putnam



Murphy and Leonard are too wise to promise you instant nirvana — the most spiritual among us believe that true and lasting transformation is a lifelong journey

whose rewards come from our effort and loving attention. Here the authors, pioneers in mind/body excellence (Murphy, author of *Golf in the Kingdom* and *The Future of the Body*, is a co-founder of Esalen; Leonard wrote the influential *Mastery*) describe their Integral Transformative Practice (ITP). A blend of physical, spiritual and mental exercises, ITP's effectiveness has already been

EDITOR'S CHOICE

proven by dozens of workshop participants who were delighted to see marked and documented improvement in their own levels of fitness, insight, and connection to the spirit. Now that these tools are available in book form, you too can open new vistas to higher-level functioning in all areas of activity and relationships. The physical exercises, inspired by Hatha Yoga and the martial arts, are a carefully balanced program of stretches and articulations designed to be per-

formed in forty minutes. They are concluded with a period of "transformational imaging" and ten minutes of meditation.

Twenty Communication Tips for Couples

A Thirty Minute Guide to a Better Relationship

By Doyle Barnett, Mediator, NLP

\$7.95. 107 pp. paper. ISBN 1880032686.
New World Library.



When Doyle Barnett realized that he spent the majority of his therapy sessions teaching his clients communi-

cation skills, he decided to simply outline what those skills were. Communications skills between couples don't save every relationship, but most couples find they help them get along with, appreciate, and understand each other better. In addition, being able to express ourselves effectively provides us with more opportunities to live as we choose. This is a small book, but it's quick, basic and surprisingly sensible, with pointers that can be practiced in day-to-day living for more rewarding relationships. Barnett begins with a tip like "Don't bring up important issues during rushed or stressful times of the day," then follows with why it's best — and how best — to observe his advice.

Emotions are never wrong — it's how you react to them that causes conflict.

#3 Bodhi Tree Bestseller

Gifts of the Angels



This classic collection presents the sounds of an angelic choir in concert with piano, harp and other evocative electronic instruments. It creates a sonic ambience that enhances any environment.

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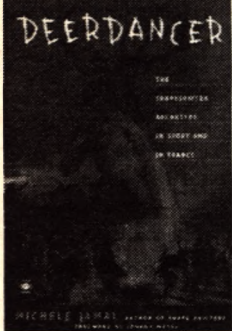
SHAMANISM TO TAROT & TAROT CARDS

Shamanism

Deerdancer

The Shapeshifter Archetype in Story and in Trance

By Michele Jamal
\$12.95. 285 pp. paper. ISBN 0140194916.
Arkana.



In ancient times, there was no separation between body and spirit, and humans had an intimate, inspired relationship with the animal kingdom. Men had the ability to interchange shapes, and when they did, they experienced the mysteries of the form they embodied. Transforming into an eagle, a man might become endowed with flight and telescopic sight, and in reciprocal exchange, the bird spirit that entered the human shifted its consciousness too. Even today, and around the globe, medicine men in hunting societies negotiate in spirit between their tribes and the animal's clan, exchanging sacred rituals in honor of an animal, for an animal sacrifice to sustain the humans.

EDITOR'S CHOICE

Women shift into animal and plant form for healing, to protect other women in childbirth, and to receive divinitory guidance for the community. Michele Jamal's *Deerdancer* is a wonderful introduction to shapeshifting lore — both ancient and modern — taking us deep into this ancient tradition of metamorphosis with stories from around the planet. As a collection of myths, real-life experiences and anthropological research, it is an educational, imaginative read.

Spiritwalker

Messages from the Future

By Hank Wesselman
\$21.95. 383 pp. cloth. ISBN 0553099760.
Bantam.



In the spirit of Carlos Castaneda's experiences with the Yaqui Indian guide Don Juan, comes Hank Wesselman's vivid story about his journey to Hawaii, and his remarkable induction into "spirit world". As a scientist, Wesselman was not predisposed to what happened to him. But what began as a series of unusual dreams eventually evolved into epic journeys across time and space. He met with shape-shifting entities and spirit helpers and — with the assistance of a kahuna mystic named Nainoa — was propelled five thousand years into the future to observe America. Wesselman is a professional anthropologist based in California and Hawaii. His book not only documents his amazing adventure but shows us keys to understanding nonordinary levels of reality. We invite you to steep yourself in this fascinating Shamanic journey outside of time, but be warned: Wesselman's tale includes

information of imminent environmental, political and spiritual challenges to our civilization.

Trance Dance

The Dance of Life

By Frank Natale
\$22.95. paper. ISBN 1852307021.
Element



Experience trance dancing as shamans and indigenous peoples have done for thousands of years. Through this ancient transformative and healing technique, we alter our consciousness and enter non-ordinary reality, or "the World of the Spirit", where everything becomes possible. With time and experience, Trance Dancing causes you to think with your heart, as our ancestors did, and not with your brain. Natale's guide gives clear step-by-step techniques to assist your experience of breath centered, rhythmic movement, that creates the ecstatic state of spiritual wholeness.

Includes a paperback original book and music CD.

Spiritual Quests

Aama in America

A Pilgrimage of the Heart

By Broughton Coburn
\$22.95. 300 pp. cloth. ISBN 0385474172.
Anchor Books



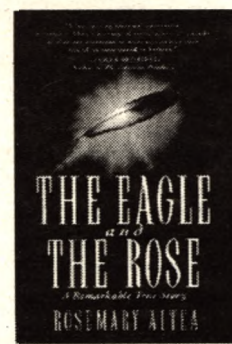
When Broughton Coburn lived and worked in Nepal, he came to know a septuagenarian native widow who treated him like the son she had never had. Fifteen years later, Aama ("mother") agreed to come to the United States; the trip represented the pilgrimage prescribed to her by Himalayan village priests, and an opportunity to gain merit by undertaking a strenuous journey during the final stage of her life. On one level, this is an offbeat American travelogue. On another, it's a profound exploration of our beliefs, made through the eyes of an outsider. In addition, it is a beautifully illustrated, singular account of the meeting of two widely divergent cultures. The photographs are by the author himself.

The Eagle and the Rose

A Remarkable True Story

By Rosemary Altea
\$19.95. 283 pp. cloth. ISBN 0446519693.
Warner Books

Rosemary Altea is a remarkably accurate clairvoyant with a capacity to contact the departed. In her book, she emerges as a bright, opinionated human being whose lifetime struggle to accept who and what she is has been tempered with moments of intense spiritual joy. You'll meet "Eagle," Rosemary's spirit guide, an Apache shaman named Grey Eagle who speaks through Rosemary and offers insight into the nature of guardian

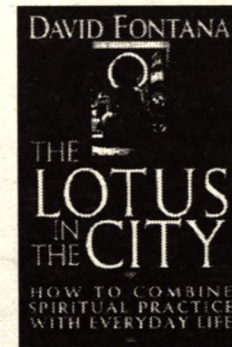


angels, the after-life, and the loving consciousness that moves through us all. This is a fascinating true case study of the paranormal in which Rosemary predicts future events, contacts the spirit world, and performs "soul rescues". Ultimately her book is a moving autobiography of someone you'll enjoy getting to know.

The Lotus in the City

How to Combine Spiritual Practice With Everyday Life

By David Fontana
\$14.95. 245 pp. paper. ISBN 1852305738.
Element



How relevant are the Ten Commandments or the Buddha's Eightfold Path to a modern materialistic society? Fontana explores the effect religion can have on our psychology as well as our spirituality. He offers suggestions on choosing a path, what paths to avoid, choosing a teacher and the option of simply listening to your own inner voice. If you were born in the city, that may be where you belong: in the life of a "householder" instead of on a remote mountain top. Exercises on finding moments of silence, attaining mindfulness, the art of lucid dreaming and meditation will help you deal with the people you encounter at work, at home, or on the road.

Tarot & Tarot Cards

Buckland Gypsies' Domino Divination Deck

By Raymond Buckland
\$12.95. 28 card deck. 3" x 4 1/2" card size. ISBN 1567180949, Llewellyn.



Developed by the Buckland Gypsies of England, this deck uses the traditional Gypsy system of domino interpretation for divination. Now even a *gaujo* (non-Gypsy) can engage in a little *dukkin'* (fortune-telling). The pack contains a simple but complete booklet written by Buckland himself. The *Buckland Gypsies' Domino Divination* deck simplifies the *gaujo's* task by including fortunes, symbols, lucky numbers, and lucky days of the week.

The Sacred Tarot Unveiled

By Allyson Walsh
\$18.95. 249 pp. paper. ISBN 0964307502.
Allyson Universal Ministry.

"Tarot" literally means "Road of Life." The art of Tarot most likely originates from the the Indo-Asian continent, where



the polarity conflict was known as "maya" (Indian) or "mara" (Tibetan), meaning "illusion", or forgetfulness of one's unity with God. As a language of symbols, Tarot shows us our dual nature, and addresses our need to integrate polarities through self-evolution. It also shows us how to balance the higher and lower self, heaven and earth, good and bad, black and white, and right and wrong. *The Sacred Tarot Unveiled* is a Tarot workbook designed to help beginners and intermediates understand the journey of life through symbology. Here you will learn about numerology, astrological correspondence, color and the exoteric and esoteric meanings of the Major and Lesser Arcana. Beginners will also learn how to do a variety of reading layouts. The book is well illustrated and includes two picture-pull-out-explanations of numerology and the 22 Major Arcana. It is an excellent choice for both beginners and initiates.

Step-By-Step Tarot

A Complete Course In Tarot Readership

By Terry Donaldson
\$12.00. 215 pp. paper. ISBN 1855384310.
Thorsons.



Step-By-Step Tarot is a course aimed at demystifying tarot reading that is useful for both beginners and more experienced students. The workbook guides you through an easy to use, practical step by step program, which is enhanced by illustrations.

Terry Donaldson advises on choosing the right deck and learning the individual meanings of the cards. He also describes and discusses various spreads along with ways of achieving very accurate readings. He has developed these techniques from over 20 years of experience as a tarot reader and teacher, and has trained over one thousand people in tarot readership. In addition, he is founder and director of the London Tarot Centre.

Tarot of Ceremonial Magick

A Pictorial Synthesis Of Three Great Pillars Of Magic: Enochian, Goetia, Astrology

By Lon Milo Duquette
\$14.95. 276 pp. paper. ISBN 0877287643.
Samuel Weiser

And the accompanying Tarot deck, Tarot of Ceremonial Magick, \$15.00, ISBN 0880797282. U.S. Games.

Tarot of Ceremonial Magick explains the symbolism of the cards in the new deck designed by Lon Milo Duquette, and painted by his wife Constance. Duquette has included elements of astrology and the two most widely practiced varieties of Qabalah-based magick, (Enochian magick and Goetic evocation) within the design of the cards themselves. As a result, students can painlessly absorb large amounts of technical and symbolic information simply by working with the Tarot deck.

TRAVEL TO WESTERN TRADITIONS



DuQuette explains how the cards relate to each other and demystifies Aleister Crowley's more difficult conceptual connections. Through DuQuette's wit and decades of practical knowledge of magical practice, students of the arcane arts can gain a whole new level of understanding of how and why magic works. The accompanying book is fully illustrated.

Travel

Communities Directory

A Guide to Cooperative Living

By the Fellowship for Intentional Community

\$20.00. 440 pp. paper. ISBN 0960271430. Fellowship for Intentional Community



It's not Utopia. Instead, it's a wonderful place to live and work, a place where residents share a common vision and purpose. In this new and updated edition of *A Guide to Cooperative Living*,

you'll find over 600 communes, land co-ops, co-housing groups, monasteries and ashrams, farming collectives and more. There's also a detailed cross-referencing chart; and descriptions ranging from Los Angeles' Eco-Village to the Yurt Farm in Australia. As modern life becomes more expensive, crime-ridden and isolated, thousands have started to look for an alternative. This book is a great place to start.

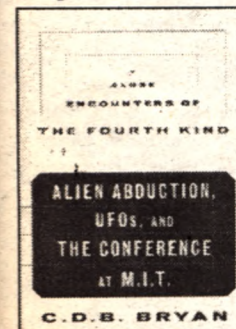
UFO's

Close Encounters of the Fourth Kind

Alien Abduction, UFOs, and the Conference at M.I.T.

By C.D.B. Bryan

\$25.00. 476 pp. cloth. ISBN 0679429751. Knopf



Bryan, a skeptical yet open-minded journalist, attended the 1992 Alien Abduction Study conference at M.I.T. He came away astonished by the quality of stories he heard from hundreds of men and women, who came forth

reluctantly with amazing — and utterly convincing — accounts of having been abducted. They told of being taken and examined by the now-familiar "grays": those spindly-limbed, telepathic creatures that have come to haunt our national consciousness. Bryan also examines current psychological, physiological, medical and parapsychological theories put forward by the unconvinced to explain the

phenomenon. This book offers a detailed, objective exploration of a controversial topic and in so doing, manages to satisfy believers and skeptics alike.

Shining the Light II

The Truth About the Secret Government and their ET Allies/Enemies

Edited by Light Technology Research
\$14.95. 418 pp. paper. ISBN 0929385705. Light Technology Institute



As a collection of channeled interviews about the fate of our planet as seen through the eyes of those on the higher planes, this second book in the *Shining the Light* series continues to document stories of flying craft,

both earthly and otherwise. You'll also find evidence of the workings of a shadow government and its ET allies through pictures and experiential accounts of both abductions and voluntary voyages to the stars. The authors see humanity's true identity as that of awakening gods who manifest all of creation. We are beginning to realize that it is the end of time, and so we are waging a battle with the forces of darkness. Maybe the battle between Darkness and Light is really a battle being played out by humanity's own "shadow-self" (the secret government) and its God-self, which manifests as our great cosmic teachers.

The first book is *Shining the Light: The Truth About ET's, Secret Government Alien Bases* \$12.95. 193 pp. paper.

Video and Video Rental

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Video Best Sellers

OUR BEST SELLING VIDEOS FOR SEPTEMBER, 1995 ARE:

1. **Yoga Practice for Beginners:** *Yoga Journal.* \$19.95. ISBN 0945671458
2. **Chronos:** Ron Fricke. \$19.95. ISBN 187782822X.
3. **Yoga Mind & Body:** Ali MacGraw & Erich Schiffmann. \$19.95. ISBN 0790723263
4. **Baraka — A World Beyond Words:** Ron Fricke. \$29.95. ISBN 1562788272.
5. **Illumination — Visual Music:** Ken Jenkins. \$19.95. ISBN 1882367006.

the present and past, healing arts, yoga, martial arts, and more. For example: By The Dalai Lama, we have *Arising From Flames: Overcoming Anger Through Patience*, \$29.95, ISBN 156176289X; *Baraka — A World Beyond Words* \$29.95 ISBN 1562788272; *Kalacharka — The Wheel of Time* \$29.95 ISBN 1561763225; *Quantum Healing* by Deepak Chopra \$24.95 ISBN 9990150931; and *Yoga Alignment & Form* (B.K.S. Iyengar Tradition) \$29.95 ISBN 0963993216.

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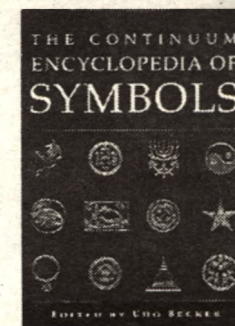
Our rental videos rent for \$2.00 per day per tape and there is a \$50.00 deposit per tape. The maximum number of tapes that may be rented at one time is 5. The maximum rental time is 7 days. Videos may also be rented by mailorder using a credit card. The rental starts when we receive your order and ends when we the rental is back in our hands. We also charge shipping (UPS) to get it to you and ask that you pay return shipping charges.

Western Traditions

The Continuum Encyclopedia of Symbols

By Udo Becker, Translated by Lance W. Garmer

\$39.50. 345 pp. cloth. ISBN 0826406440. Continuum.



This is a definitive compendium of symbols with their deeper meanings for individual human psychology and civilization. With over 1,500 entries and more than 800 illustrations (a number in full colour), Becker's encyclopedia is an indispensable reference tool for all those seeking the deeper significance within everyday things. This author is an international authority on symbols and semiotics. By tracing symbols to their cultural, religious, or mythological origins, he explores a wealth of objects and concepts, and the hidden or encoded meaning concealed beneath their outward appearance. Entries range from examples of metaphor and allegory to the symbolic meanings of numbers, letters, and astrological and alchemical characters, as well as a rich array of abstract concepts that find their tangible expression in the universal language of symbols.

The Essential Kabbalah

The Heart of Jewish Mysticism
By Daniel C. Matt

\$18.00. 221 pp. cloth. ISBN 0062511645. HarperCollins

"An impoverished person thinks that God is an old man with white hair, sitting on a wondrous throne of fire that glitters with countless sparks... Imagining this and similar fantasies, the fool corporealizes God. He falls into one of the traps that destroy faith. His awe of God is limited by his imagination. But if you are enlightened, you know God's oneness..."

— Moses Cordovero (sixteenth century).
For over a thousand years, the Jewish mystical teachings of the Kabbalah have been a closely guarded secret, open only



to a select few. This anthology focuses on the Kabbalah — the "feminine" side of Judaism — with all its poetry, vitality, sensuality, and spiritual depth. It is a way that transcends ordinary human knowledge, and by

using meditation and visualization, it sanctifies one's activities in the material world. Eating and drinking become "holy sparks from the divine," and sexual union is experienced as a holy and pure act of "knowing." The selections in this book are drawn from throughout kabbalistic literature. Ranging from brief sayings to stories and treatises several pages long, the texts are accompanied by notes explaining their imagery, and an introduction to the major teachings of the tradition.

"A radiant collection that illumines the heart and mind of Jewish Kabbalah. These choice selections engage the soul, and open doors to the mysteries."

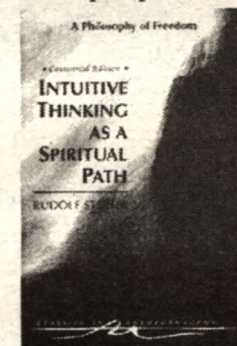
— Professor Michael Fishbone, University of Chicago.

Intuitive Thinking as a Spiritual Path

A Philosophy of Freedom

by Rudolf Steiner

\$14.95. 281 pp. paper. ISBN 088010385X. Anthroposophic



Rudolf Steiner, philosopher, scientist, educator, spiritual researcher and scholar, was the founder of Anthroposophy, a modern spiritual path or science. His research contributed to many human activities,

including education (the Waldorf movement), agriculture (biodynamics), medicine, economics and religion. Of all his books, Steiner believed that *Intuitive Thinking as a Spiritual Path* would have the longest life. Written one hundred years ago (this is the Centennial Edition), this book is a phenomenological account of the "results of observing the human soul according to the methods of natural science." In it, Steiner asserts that free spiritual activity — the human ability to think intuitively — is the appropriate cognitive path for human beings today. This is not abstract philosophy, but rather a step-by-step account of how a person may come to experience intuitive thinking: "the conscious experience of purely spiritual content." While many people have sought to discover "new thinking" during the last century, Steiner actually laid down a path leading from ordinary thinking to the level of pure spiritual activity — to intuitive thought — through which we become co-creators and co-redeemers of our world.

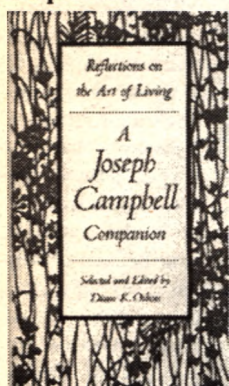


A Joseph Campbell Companion

Reflections on the Art of Living

By Joseph Campbell, edited by Diane K. Osborne

\$13.00. 311 pp. paper. ISBN 0060926171. HarperPerennial



Joseph Campbell saw mythology as a metaphor for human experience — a way of connecting our ordinary waking consciousness with the deeper energies and mysteries of the universe. This book is drawn from an intimate, month-long seminar he gave for ten participants at the Esalen Institute. Drawing on his knowledge of mythology, religion, literature, psychology and his own experiences, Campbell shared his understanding of the hero's journey which symbolizes what life — for him — was all about. He urged us to forget about the opinions of others and have the courage to find our inner calling — to "follow your bliss." While this

means leaving security for a step into the unknown, Campbell insisted that life always supports those with the courage to take such a step. (For Campbell himself, it meant stopping short of a PhD. and going off to a cabin in the woods to read and study.) In this collection of talks (accompanied by relevant passages from his writings), Campbell explores many facets of the "art of living" — love and marriage, money (as life energy), finding one's own path, changing the world by changing oneself, finding a sacred space, living playfully, the roles of the masculine and the feminine, and ultimately, discovering that "the two kingdoms are actually one. The realm of the gods is a forgotten dimension of the world we know." These talks are learned, down to earth and very accessible, spoken by a man who *lived* his knowledge — and challenges all of us to do the same.

NEW IN PAPERBACK

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Merlin

Priest of Nature

by Jean Markale

16.95. 230 pp. paper. ISBN 0892815175. Inner Traditions



Who was Merlin? A divine madman who took refuge in a forest and who understood the speech of animals and the language of nature? A prophet? The archetypal Wildman? An enchanter? A sage? Was he a mythical figure or an actual person? While it is impossible to say with certainty whether Merlin lived or how his legend originated, Jean Markale uses both literary and historical sources to explore the Merlin tradition in all its richness and complexity. Citing original texts and poems attributed to Merlin, he traces the development of the Merlin legend, and discovers both the historical roots and traits of the heroes and gods of

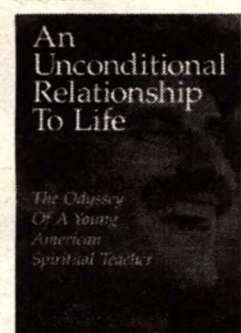
the Celtic pantheon. While this tradition is fascinating in its own right, Markale concludes by pointing out the meaning of Merlin in our own time. "A person who would discover Merlin," he writes, must "... open his spirit to the messages of trees, animals, minerals ... In this world struggling with its interior conflicts, torn by hate and fanaticism, by racism, violence, and greed, in contempt of the harmonious equilibrium that should reign between people and things — and among humans themselves — it would behoove us not to lose sight of Merlin's example, that his message might reach those who want to rise up out of hell, or escape the Apocalypse."

An Unconditional Relationship to Life

The Odyssey of a Young American Spiritual Teacher

by Andrew Cohen

\$10.95. 159 pp. paper. ISBN 1883929040. Moksha



At the age of sixteen, and "for no apparent reason," Andrew Cohen had a spontaneous experience. He felt his consciousness expanding in all directions, experienced feelings of love and awe, and saw how all life existed as an inseparable cosmic unity. Although the experience faded and Cohen experienced years of struggle and confusion, he went on to deepen and clarify what had happened to him, both on his own and with the help of spiritual teachers. This book is the account of his inquiries, his experiences as a teacher and his encounters with prominent spiritual masters from Eastern traditions. To the reader, it offers a challenge not only to experience ultimate reality, but to "leave no stone unturned" in bringing this awareness into all of one's life. Cohen has found that many students seek "spiritual entertainment," or become fearful at the prospect of abandoning their ordinary, self-centered perspective. He has also seen many people turn away from spiritual practice because of questionable conduct on the part of their teachers, so he insists that spiritual teachers must actually reflect their teachings in their own lives. Many people think of spiritual practices as being "imported" from the East. Cohen, however, who arrived at his initial experience spontaneously, now seeks to "demystify the aura and mystique of enlightenment." He writes that "The utter simplicity of the meaning and significance of profound spiritual enlightenment remains largely hidden behind myth and superstition." His teaching is a call to rediscover this radical simplicity — not just for oneself, but for humanity.

Why be Jewish?

By David J. Wolpe

\$9.95. 104 pp. paper. ISBN 0805039279. Henry Holt And Company.

We are God's stake in human history.

— Abraham Joshua Heschel

In this eloquent, concise treatise on Judaism, Rabbi Wolpe, author of *Teaching Your Children About God*, offers inspirational guidance for those considering a return to the faith of their forebears. *Why Be Jewish?* is not a full-fledged introduc-

tion to Judaism, but a personal portrait of



faith for those who are searching. It shows, in quick, large strokes what this remarkable faith is really about and how it can transform your life. "Why should one be Jewish?" asks Rabbi Wolpe. "Because Judaism can teach us how to deepen our lives, to improve the world, and to join with others who have the same lofty aims."

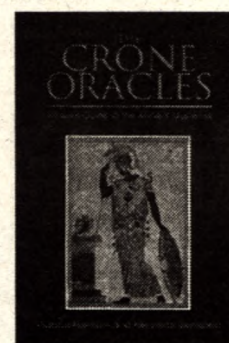
Women

The Crone Oracles

Initiate's Guide to the Ancient Mysteries

By Victoria Ransom & Henrietta Bernstein

\$12.95. 158 pp. paper. ISBN 0877288003. Weiser.



The Crone's voice is channeled here through Victoria Ransom with the assistance of Henrietta Bernstein. The Crone's wisdom is founded in the religious tradition of the ancient Mother Goddess — as taught in the Temple of Mysteries at Eleusis, Greece, over 3000 years ago. This woman of wisdom guides women and men along the spiraling feminine path of spiritual evolution, helping us to bring the masculine and feminine parts of ourselves into harmony. Included in the book are initiation cycles; the use of sexuality for enlightenment; evolution in feminine-masculine initiations; the call to the initiation; and the process of the wise old woman. The Crone also talks to us of our past — to the hazy memories of the history of the goddess way. She re-presents information that helps us remember who we are and who we can be, and examines aspects of the feminine so we can reacquire ourselves with the Crone's approach to living. This feminine path is an important way for the modern person to view humanity and to experience individual spiritual growth. The book also contains a comprehensive glossary, suggested reading list and index.

"Let the Crone's words flow through you like a river, and the journey will be swift. There may be rocks and obstructions, even disagreements, but your spirit will be moved."

— Victoria Ransom & Henrietta Bernstein.

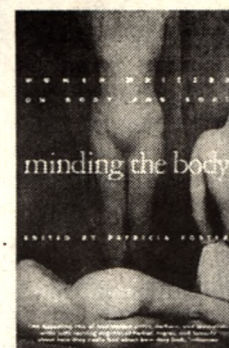
Minding the Body

Women Writers on Body and Soul

Edited by Patricia Foster

\$11.00. 321 pp. paper. ISBN 038547167X. Anchor.

A woman's body is not only a sexual statement, but a social one as well, an ongoing story with multiple plots that women individually and collectively speak. Here twenty well-known women writers, including Margaret Atwood, Lucy Grealy, Linda Hogan, Pam Houston and Sallie Tisdale explore many topics and



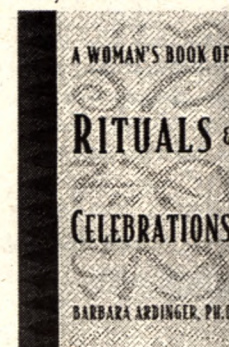
personal experiences regarding their bodies. Their essays reflect a diversity in issues, ethnicity, age, geographical influence, and literary exposure, but they all speak with passion about their physical selves. You'll be surprised and enlightened by the honesty of these women's views of infertility, reconstructive surgery, the beauty myth, anorexia, menopause, aging, dieting, the erotics of ethnicity, breast cancer, multiple sclerosis and the politics of femininity. All of the narratives transcend a single topic in the same way as all of the writers transcend a single philosophy, a single self. To reveal our fears about the body has been difficult for women because these very fears have often been used against us to deny our rights to visibility. But this powerful book provides a forum for "coming out" about our suppressed, confusing and uniquely female experience.

A Woman's Book of Ritual and Celebrations

By Barbara Ardinger

\$11.95. 225 pp. paper. ISBN 1880032570. New World Library.

Practicing the Presence of the Goddess is no harder than cooking a fine meal according to Barbara Ardinger, a literary scholar and practitioner of Wicca. Your daily acts make a huge difference in the



world because, as the Goddess teaches, everything is interconnected, and the way we live our lives creates ripples which grow into waves affecting history. Here are step-by-step instructions — using whatever is available and meaningful to you — for producing the magical effects of "abracadabra" in any area of your life's journey. Ardinger's book and its rituals were created to be used by a woman at her private altar in her personal space, but they can also be used by men or some groups. Part one explores mystery, power and cosmic issues. Part two establishes the rules and tools of mystical, practical and poetical ritual. And part three takes us through a year in the path of the Goddess, by focusing on natural cycles, especially those of the sun and the moon.

Children of the living earth — I bless you.

Children of so many living cultures — I bless your ways.

Children of our hopes and lives — I bless your wishes.

I bless your games, your work, your learning, I bless your dreams, your ambitions, your reaching forward.



WORKING, WRITING & YOGA

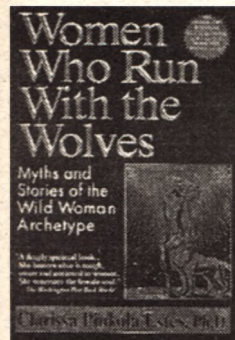
Women Who Run With The Wolves

Myths and Stories of the Wild Woman Archetype

By Clarissa Pinkola Estes, Ph.D.

\$15.00. 537 pp. paper. ISBN 0345396812. Ballantine.

And the companion audio-cassette from Sounds True Audio. \$18.95, 2 cassettes - 3 hours. ISBN 1564550826.



At last, the paperback edition of the million copy bestseller, which spent two years on the New York Times best-seller list. *Women Who Run With The Wolves* needs little introduction. Written by a Jungian analyst

and extraordinary cantadora — keeper of the old stories in the Latina tradition — Pinkola Estes's extensive "psychic-archeological" dig into the female psyche and the wild woman archetype, makes this essential reading for those who seek to reclaim their more powerfully creative, intuitive selves. Both wolves and women

are essentially relational by nature, inquiring, and deeply concerned with their families as well as adaptable, stalwart and very brave. Although in our culture women have been infantilized and treated as property, once they reassert their relationship with their wild nature, they are immediately gifted with an internal vision which brings vibrant life into their world. We invite you to savour this wonderfully robust, profound book of women's stories, held as markers along the path towards freedom, caring and creativity. Other Clarissa Pinkola Estes titles are: *Gift of Story — A Wise Tale About What Is Enough* \$10.00 paper; *In The House of the Riddle Mother* \$18.95 audio cassette; *Warming the Stone Child — Myths and Stories About Abandonment and the Unmothered Child* \$10.95 audio cassette; and *How to Love A Woman — On Intimacy and the Erotic Life of Women* \$18.95 audio cassette.

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Working

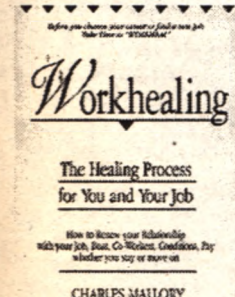
Workhealing

The Healing Process for You and Your Job

By Charles Mallory

\$8.95. 102 pp. paper. ISBN 0875166644.

Devorss Publications.



Work does not have to be a great dark void in your life, to be passed through on the way to more enjoyable times. Instead, you can elevate it to a higher level. It begins within.

Reading *Workhealing* will help you forgive, even bless, a difficult boss or uncooperative co-workers. Instead of thinking about the lack at your job, you will think, *All I see is opportunity*. Rather than seeing roadblocks and disagreements at work, you will see your own clear, illumined path. By smoothing over the rough edges caused

by work, you will glide to a new, better place in your heart — a place that can withstand the challenges of your current job. This book will give you the guidance, timing and opportunity to make a new path for the future. Each chapter of *Workhealing* comes with affirmations and meditative readings that apply to troubling work situations: having a difficult supervisor or boss; feeling the stress and pressure of time, getting along with difficult co-workers; boredom; poor working conditions; and inadequate or unrewarding pay. *Workhealing* shows how you can have a 100-percent satisfying and financially rewarding job — and it may be the one you already have.

Writing

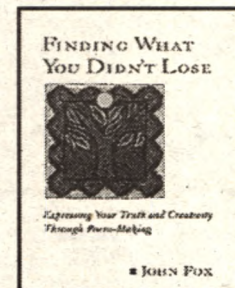
Finding What You Didn't Lose

Expressing Your Truth and Creativity Through Poem-Making

By John Fox

\$14.95. 300 pp. paper. ISBN 0874778093.

Tarcher/Putnam



Expressing in words that which is beyond words: what better way to recapture the joy of creativity, and look within? By including passages from such thinkers as Allen Ginsberg, Thomas

Merton, Rabindranath Tagore and Rainer Maria Rilke, Fox invites the reader to create poetry just for the love of creation. Whether your aim is to express your most private thoughts in journal form or ultimately to get your work out into the public consciousness, to write out the difficult times of your life or to delight in writing a poem to a loved one, this guide will show you the way there.

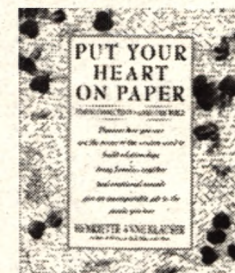
Put Your Heart on Paper

Staying Connected in a Loose-Ends World

By Henriette Anne Klausner

\$11.95. 313 pp. paper.

ISBN 0553374466X. Bantam.



Why write? Why write to people you can talk to? Because sometimes we're too embarrassed to speak. And because often we do not know what to say, until writing

helps us say it. When you write you can express yourself freely without interruption and without second-guessing the gestures of the person you are communicating with. Writing helps heal, it helps us tell the truth, it can act as a worry doll or a biblical scapegoat. It helps us think. Henriette Anne Klausner's *Putting Your Heart on Paper* is about so much more than writing; it is about living a life that is connected to others. Her book is filled with the inspiring true stories of what happens when people write from their heart: the insights, the new beginnings, the dreams that come true. She also includes encouragement for readers to begin their own exploration of their relationships — through pen and paper.

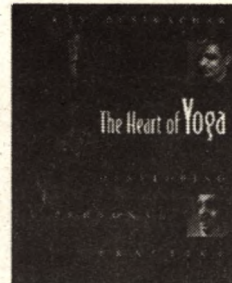
Yoga

The Heart of Yoga

By T.K.V. Desikachar

\$19.95. 240 pp. paper. ISBN 0892815337.

Inner Traditions



The teachings of Sri Tirumalai Krishnamacharya (1888-1989), a revered yogi, teacher, and Ayurvedic physician, were brought to the West by his principal students:

B.K.S. Iyengar (author of the classic *Light on Yoga*), Pattabhi Jois, Indra Devi, and his son, T.K.V. Desikachar. All of them adhere to Krishnamacharya's fundamental principal of *Viniyoga*: yoga techniques must be continually adapted to the individual's changing needs in order to achieve the maximum therapeutic value. Desikachar shows how the yoga student

may develop a personalized practice in response to the individual's current age and state of health. His contribution is special in that it outlines a step-by-step sequence for developing a complete practice according to the age-old principals of yoga. "My teaching is basically a program for the spine at every level," he says, "physical, mental and spiritual." Krishnamacharya founded his teachings on a number of scriptural sources, but especially on Patanjali's *Yoga Sutras*. *The Heart of Yoga* makes available — for the first time in the West — Desikachar's commentary on Patanjali, as it was taught to him by his father.

Also available: *The Yoga Sutras of Patanjali*, by Charles Johnson. \$10.00. paper.



Who is Adi Da?

"My opinion is that we have, in the person of Adi Da, a Spiritual Master and religious genius of the ultimate degree. Adi Da's teaching is, I believe, unsurpassed by that of any other spiritual hero, of any period...of any persuasion."

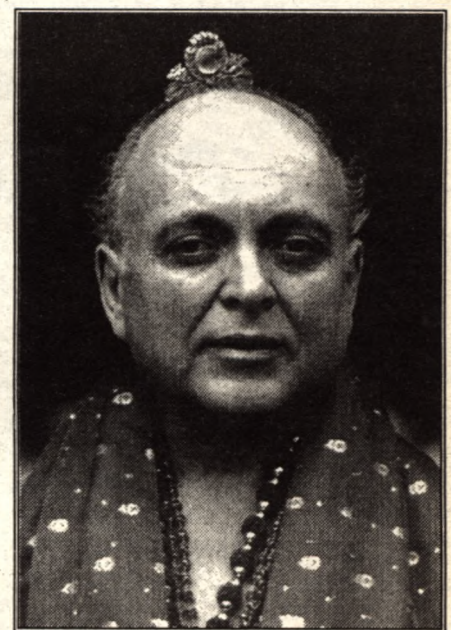
-Ken Wilber

"It is obvious, from all sorts of subtle details, that he knows what IT's all about...a rare being."

-Alan Watts

The appearance of Bhagavan Adi Da is an unprecedented intervention of Grace in this world. He is the living revelation of the inherent happiness of all beings, and of the Divine process whereby it is realized. You are invited to discover the transforming relationship offered by Bhagavan Adi Da.

All-seeking is pursuit of union with some other, some object.... How could you pursue union if did not already feel separate? This feeling of separateness is your own activity, one that you are always doing. You must realize the failure of the search.... It is based on misunderstanding, on an unsuspected act that is governing the mind, governing the life.... You cannot achieve union with something or someone with whom you are inherently separating yourself.... It is only when there is Most Perfect self-understanding that non-separation is allowed to be absolute.

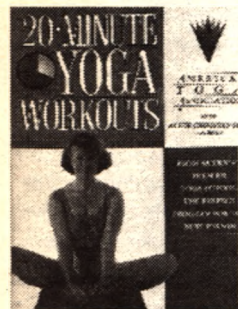


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YOGA

Twenty Minute Yoga Workouts

By Alice Christensen with the American Yoga Association
\$12.95. 143 pp. paper. ISBN 0345388453. Ballantine.



This amply illustrated, energizing, high-power-but-low-impact, clearly directed program is for the person who has a lot going on in life. If you're looking for an organized workout that gets you going but relaxes that "hyper" feeling; or if you are looking for a fitness program that addresses more than just the body, then *Twenty Minute Yoga Workouts* is a valuable book. "Quality time" is what counts in this practice, and the exercises presented here will give you the most efficient results in the shortest time. Christensen's strategy allows two minutes for breathing, two minutes for warming up, eight minutes of exercise and eight minutes of relaxation and meditation. She includes

pointers for those interested in a more challenging workout, women's health care, complementary exercises for other sports, stress reduction, and special health issues such as back problems, injuries, asthma or recovery from addictions. Written with it's emphasis on "enjoy" rather than "strain", this book is not only fun, but also brimming with benefits.

Yoga for Body, Breath, and Mind

A Guide to Personal Reintegration

By A.G. Mohan

\$16.95. 219 pp. paper. ISBN 0915801515. Rudra Press.



The concept of personal reintegration stands in direct contrast to the way many of us respond to our daily lives — i.e. stressfully. The symptoms of stress are caused not so much by external events,

but more by our internal responses to life situations — and when our perception is

steady, we can manage our lives with balance and grace. As yoga addresses the immutable link between body, breath and mind, it can remove habitual "impurities" to achieve personal integration and that elusive equilibrium. A.G. Mohan's approach is unique because his practice focuses on the needs of the individual. Let him guide you into the process of changing a wandering mind into a centered one, a wanting mind into a contented one, a self-indulgent mind into a self-fulfilling one. Even though only you can reintegrate yourself, this book shows you how — through yoga — to begin.

Yoga For Every Athlete

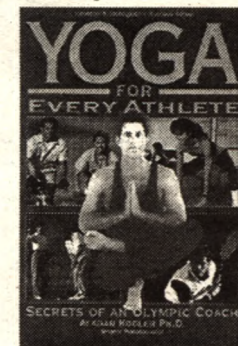
Secrets of an Olympic Coach

By Aladar Kogler Ph.D.

\$16.95. 310 pp. paper. ISBN 1567183875. Llewellyn.

The mind affects the body and the body affects the mind. That's why yoga, which is rooted in mental, physical and spiritual reality is the perfect adjunct to athletic activity. Written by an Olympic coach and sports psychologist, *Yoga For Every Athlete* contains 27 exercise batter-

ies for thirty different sports, based on the fact that bodily processes are influenced by our mental condition. Kogler's clearly explained asanas are great for warm-up, cool-down and regeneration. As



they synthesize mind and body, they help with muscle dysfunction, goal setting, concentration and relaxation. They are even useful for preventing injury and activating acupuncture meridians for

greater energy. When you practice yoga you simultaneously complete several training tasks at one time, resulting in the most efficient use of time and energy.

Whether you compete as an athlete or play for pleasure, your enjoyment and ability will be immeasurably enhanced with yoga practice. Let this book be your guide.

EDITOR'S CHOICE

INCENSE, GIFTS & AROMATHERAPY



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Aromatherapy For Vibrant Health & Beauty

By Roberta Wilson

\$13.95. 244 pp. paper.

ISBN 0895296276. Avery.

Aromatherapy is an age-old practice of using natural distilled essences of plants to promote health and beauty. This book provides all the information you need to understand and use aromatherapy. It includes: basic principles; the history, effects and correct use of the thirty-six most beneficial essential oils; an A-Z listing of common ailments and their aromatherapy treatments; and a complete index.

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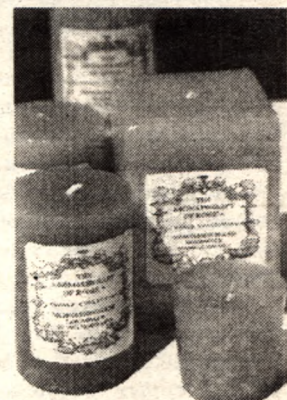
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ISBN 9990213186.

Danish artist Kurt Sjoberg's dream and inspiration is Peace among the five races of the world. "One People" is his motto and all children his base motivation. Kurt is 62 years old, and he walks the streets of West Hollywood offering his message of peace to everyone he meets. He has designed a flag consisting of the five colors (red, white, black, yellow, and brown) which symbolize the five races of man and a "Peace" pin, which we offer as shown.

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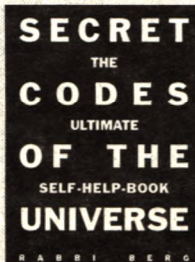
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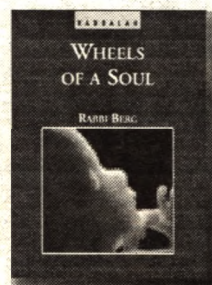
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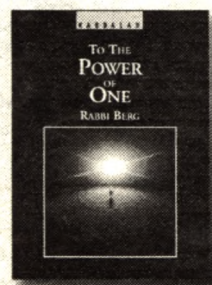
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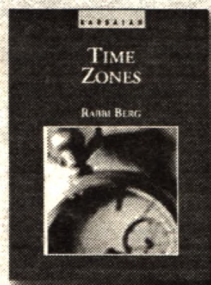
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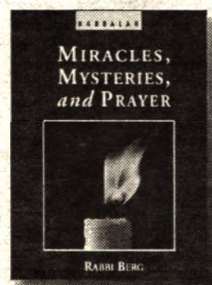
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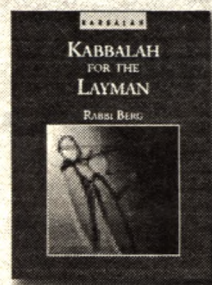
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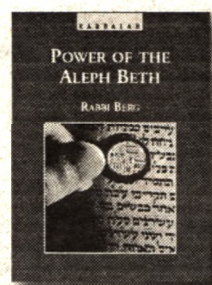
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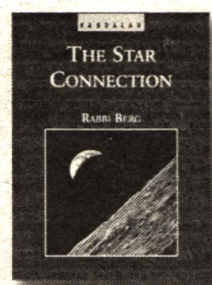
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